



# 101 Ways to Concentrate in Prayer

*By Dr Ali Al-Hilli*

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Prayer can teach you how to eliminate pride, live a life of inner courage and take you many steps closer to Allah (swt). It can transport you to a higher plane, and make you become aware of a place deep inside you that is absolutely silent and still. However, all this can only be achieved with the presence of the heart and mind during prayer. Discover 101 ways to achieve the most out of your prayer. Pick and choose the strategies you want to apply, from learning the philosophy behind the movements in ruku' and sujood, to breathing and meditation techniques. 101 Ways to Concentrate in Prayer reveals the secrets and skills to take the first step in the journey towards the Almighty (swt).

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## 101 Ways to Concentrate in Prayer By Dr Ali Al-Hilli Bibliography

- Sales Rank: #1326444 in Books
- Published on: 2014-03-27
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .44" w x 5.50" l, .51 pounds
- Binding: Paperback
- 192 pages

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## **Editorial Review**

### **About the Author**

Dr. Ali Al-Hilli is a scientist by profession with a PhD in computational Biology. He currently works for Public Health England, a UK government body that regulates the spread of infectious diseases in the UK. He is also active in the Islamic community where he has worked extensively with the youth and has set up and been involved in running various youth projects. He always encourages the youth to engage in dialogue and not be afraid in challenging the status quo. He played a vital role in establishing a successful young families initiative that regularly organises Islamic events aimed at couples and their children. Dr Al-Hilli also researchers and lectures in various Islamic topics including worship, theology and social affairs. He has made several media appearances discussing both political and Islamic TV issues. He is also currently studying for a MA in Islamic Studies at the Islamic College, UK.

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