

Contents

Introduction.....	9
Importance of the Heart.....	13
Types of Hearts.....	15
SHOWING-OFF (RIYAA).....	21
Mention of Riyaa (Showing-Off) In the Qur'an & Sunnah.....	22
The Levels of Riyaa (Showing-Off).....	27
Common Manifestations of Riyaa (Showing-Off).....	29
The Evil Effects of Riyaa (Showing-Off).....	32
Helpful Means of Curing Riyaa (Showing-Off).....	33
ARROGANCE (KIBR).....	37
Levels of Kibr (Arrogance).....	38
Types of Kibr (Arrogance).....	40
Mention of Kibr (Arrogance) In the Qur'an & Sunnah.....	41
Words of Wisdom on Kibr (Arrogance).....	49
Sign-Posts of Kibr (Arrogance).....	50
The Evil Effects of Kibr (Arrogance).....	53
Helpful Means of Curing Kibr (Arrogance).....	54
ENVY (HASAD).....	57
Types of Hasad (Envy).....	57

Mention of Hasad (Envy) In the Qur'an & Sunnah.....	59
Reasons for Falling into Hasad (Envy).....	68
The Evil Effects of Hasad (Envy).....	71
Helpful Means of Curing Hasad (Envy).....	72
RANCOUR (HIQD)	77
Mention of Hiqd (Rancour) In the Qur'an & Sunnah	78
The Evil Effects of Hiqd (Rancour)	82
Helpful Means of Curing Rancour.....	84
BAD THOUGHTS (SU' ADH-DHANN).....	87
Mention of Su' Adh-dhann (Bad Thoughts) in the Qur'an & Sunnah.....	88
Categories of Su' Adh-dhann (Bad Thoughts)	95
Su' Adh-dhann (Bad Thoughts) About One's Self:	100
The Evil Effects of Su' Adh-dhann (Bad Thoughts).....	102
Helpful Means of Curing Bad Thoughts	105
STINGINESS (BUKHL).....	109
Mention of Bukhl (Stinginess) in The Qur'an & Sunnah	110
Manifestations of Bukhl (Stinginess).....	116
COVETOUSNESS (SHUH).....	119
Mention of Shuh (Covetousness) In the Qur'an & Sunnah ...	120