



# **In The Early Hours: Reflections on Spiritual and Self Development**

*Khurram Murad*

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## **In The Early Hours: Reflections on Spiritual and Self Development** Khurram Murad

How are we to become true believers who seek God's good pleasure? How are we to become mindful of God, to be thankful or worshipful? How are we to control our anger and pride? How are we to follow the example of the Prophet Muhammad (peace be upon him)? This inspirational book of wise advice answers these questions and guides us toward the spiritual life.

**Khurram Murad** (1932–1996) was the director general of The Islamic Foundation, United Kingdom, and a renowned teacher who spent 40 years in the spiritual teaching and training of thousands of young Muslim people around the globe. He has published more than 20 works in English and Urdu.

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