

A. A. ALEBRAHEEM



# **5** ESSENTIAL DIMENSIONS

HOW TO BALANCE YOUR LIFE FOR HEALTH,  
SUCCESS AND CONTENTMENT

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## 5 ESSENTIAL DIMENSIONS: How to balance your life for health, success and content



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Are you searching for a balanced lifestyle? Do you want to find out how to make smarter decisions? Would you like to reach your full potential? Lifestyle is focused on decisions. This refreshing, motivating and persuasive book will assist you to keep the five dimensions in balance while producing decisions for a better life. The theory is founded on the premise that our lives have five dimensions - the financial, social, inner, physical, and spiritual. We cannot reach our full potential as people unless all five of our existence dimensions are balanced. Favorite 5 star review This reserve will help you: recognize existence -- Visitors; This publication reveals a game-changing fresh theory to develop decision producing maturity. An insightful and thought-provoking read. s five essential dimensions master the mechanisms in each dimension identify and remove obstacles that prevent balanced develop methodology to make better decisions achieve a wholesome, balanced, successful and tranquil life We need to consider the five dimensions in every our decisions to be able to live a balanced, effective, and peaceful living. If we neglect these sizes, the ensuing disharmony destroys our tranquillity and may wreck our lives.



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Tools to help make the best decisions and reach your goals A contented lifestyle is all about balance and decisions. Even little things like not drinking enough water can be harmful to your being. When it found the spiritual, the longest section in the reserve, the writer speaks from his own personal, rather dogmatic religious beliefs, a few of which I discovered a little strange." Merely knowing that our spirits go on after death and therefore not fearing death is key to our spiritual equilibrium. It's quite feasible to skip this section of the publication without missing out in case you are already content with your own private spiritual beliefs. As Alebraheem himself says down the road in the book, "everyone gives information according to their own characteristics. No matter, we are in contract that the spiritual dimension is very important. All of those other book has some very interesting information. Alebraheem continues on to discuss how we could make better decisions by understanding how our brain functions, the associations we type, discovering how we learn, understanding how our emotions can affect good decision making and using this understanding to help us find equilibrium inside our lives. He discusses our thoughts and beliefs and how false assumptions can work against us. We make countless decisions every day, some subconscious and these decisions and their implications have long term effects on our lives. Fast read. Soon you may be on the way to equilibrium. He claims, "'Have you ever tried running while keeping a cup of water? That's how life works; we carry our five cups in the tray of our days and nights - nestling within them our equilibriums for every of the five essential dimensions - and work with them towards our goals. It seems we find stability in one area then one else goes crazy. This publication offers tools to greatly help us make the right decisions in order to reach balance and for that reason our goals. Nice Self-Help Book Alebraheem publishes a nice book in self-help genre titled the "5 Essential Sizes." It characterizes our existence in to five concepts like a hand with you in the centre. It's an excellent motivational reserve that made me consider all five factors in my life and how exactly to reach my potential in every single aspect: financial, social, inner, physical, and spiritual. Alebraheem delves into each one of these areas with an excellent tooth comb. Certainly recommend for individuals who like self improvement books and anyone searching for inspiration. We have to find a balance with in ourselves to obtain that happiness that people all desire. I've already implemented a few of the suggestions for reaching inner equilibrium and feel a lot more satisfied, even happier consequently. The 5 dimensions are financial, social, internal, physical and spiritual. The book begins describing joy, and how we can find true joy. As a Christian I came across it to be extremely insightful. I would recommend this book as a self-improvement reserve written to improve both personal and professional existence. Then the book goes in to spell it out all of the elements of the 5 essential dimensions, how exactly we may be able to achieve them, and what things may get in the way of equilibrium. There is normally some very nice advice in this book, and if helped open my eye to the items I am carrying out in my daily lifestyle that I didn't actually realize were obstacles that I was facing to be able to get equilibrium. In this book Alebraheem lists the 5 measurements of our lives - financial, physical, social, internal and spiritual. If you are searching for a way to understand all of the complicated areas of our lives, then definitely check out this publication. But he doesn't prevent there as he leads us on the road of how exactly to balance all 5 concurrently, with the final consequence of attaining equilibrium inside our lives. It is our ignorance that is clearly a principal obstacle to achieving balance in all the areas of our lives. Thought-Provoking Book That Will Change And Balance YOUR DAILY LIFE! "The hypothesis of the book is that seeking pleasure will not lead to pleasure; but attaining tranquility can be done, and can be performed by balancing the five fundamental elements of our lives. They are our finances, our anatomies, our relationships, our internal selves and our souls." As humans, most of us seem to be trying to find balance in our lives." A very interesting appear at how we are ultimately in charge of

our personal lives. I love it. He takes the time to dissect each one for a clearer understanding. The info in these pages might help you to become the individual that you've always wanted to be, the suggestions are easy to stick to, and the info makes so much feeling. At first glance many may think that is just another new-age self-help book, however they will be mistaken. Alebraheem has clearly spent many years studying this subject as he results in very knowledgeable and with a reserve that is well crafted. True, permanent happiness cannot be found in food, or sex, as well as additional people. As a female who was going through a situation with a partner who relied mostly on profit and didn't learn how to make time for other things beyond himself, this book spoke to my soul and provided me validation that my concepts about harmony and tranquility was not crazy. Inspirational, well-created, thought-provoking book which will change and stabilize your life! The true goal is tranquility and balance in every areas of your daily life! This book is great for anyone who truly wishes to get their life in alignment across the board. From the beginning of the publication, the author's intent and factors are crystal clear. The way he breaks down all five areas into sections and scenarios are logical, personable and factually charged. It is a fast-paced examine, however it is such a powerful and inspiring direct that I discover I'm discussing it increasingly more, gaining fresh insight every time. This book also granted me insight as to why this person may have relied on his monetary equilibrium above the other parts of life. I want I possibly could share this book with him, or simply cut out the economic section. Thought provoking having the ability to make the lessons deeply personal. Was a good book. You can find other theories and information referenced which are also so helpful and supportive to the author's writing. It is on the subject of emerging ourselves in understanding to provide us clearness and the tools to make better decisions to attain our goals. Eye starting and motivational, this publication explored the five sizes: financial, physical, internal, public and spiritual which effect our conscious and subconscious decision building. Well crafted and articulated perfectly this reserve is educational and left me with an abundance of self-reflection. It is about emerging ourselves in understanding to provide us clarity and the tools to make better decisions to attain our goals. Concentrating on reaching true achievement by mastering all five measurements, the writer taps into cultures that have been around for over 5000 years. Its amazing Helped me learn more about the important oils! Most of these dimensions have to be in equilibrium for us to be whole people. A fantastic book as it enables you to aware concerning what's required to be able to have more balanced lifestyle that assist you to achieve your potential. Each finger represents your economic, social, inner, physical, and spiritual elements. This book is natural food for thoughts. Reading it produced me think a whole lot. I might make contact with read it or some of it quickly. Alebraheem shows us there are 5 essential dimensions just like the fingers on a hands: financial, physical, social, internal and spiritual. Food for thoughts What an incredible find! Many of us would rather stay in our comfort zone as it is simpler, but Alebraheem shows that this will not really lead to good decisions and achieving our goals. My favorite part of the book was the study of the social equilibrium because that's where I struggle probably the most. Desire it had additional information about them therefore i would say that is a beginner publication in the stuff. Not a bad book at all Original, Well-Written Articles and Suggestions to Improve Your Life The thinking person's book for developing a life philosophy. Not really a quick-repair, but rather a method to look at all of the aspects in our lifestyle as trade-offs. The author encourages stability and equilibrium. It had been powerful and well crafted! I like that the author provides vignettes and tales to explain his concepts. A deep but fast go through with learning that can be applied instantly and carried throughout life's stages. Recommend! I'm struggling with a difficult situation in my life right now, something that has been heading on for awhile, but I've only lately finally let myself observe how bad it offers gotten, and how it has negatively affected my health and my career through the years. A Very Insightful

Book This book puts forth some very insightful theories about the human condition and how exactly we can use that knowledge to better our lives. The ideas and theories in this publication made perfect sense if you ask me, and I'm actually glad I found it. The book begins describing pleasure, and how we can find true happiness This book tells us how exactly to gain our full potential as humans by creating balance with in all 5 of our essential dimensions. Highly recommended!



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