

RUZINA AHAD

DREAM DU'A DO

A MILLENNIAL MUSLIMA'S GUIDE TO
ACHIEVING HER WILDEST DREAMS

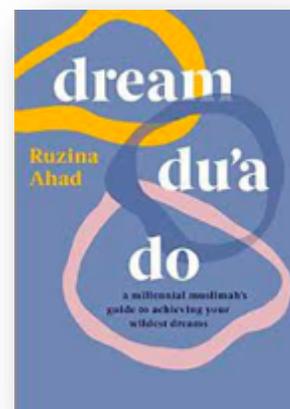
CLIENT: DREAMWORK COLLECTIVE

PUB DATE: NOVEMBER 2021

MATERIAL: FULL MANUSCRIPT (280 PP)

RIGHTS SOLD: INDONESIA (REPUBLICA
PENERBIT)

RIGHTS HANDLED: WORLD EXCL. ENGLISH LANGUAGE
EXCEPT INDIA



Dream Du'a Do is the ultimate survival guide for the Millennial Muslimah. Packed with humour, honesty and heartfelt advice, this sunny book offers strategies for Muslim women to not just survive in today's world, but to thrive. As a young British Bengali woman, Ruzina shares the ups and downs of her own journey and explains how she gained the confidence and clarity to achieve her dreams. Using the latest research in neuroscience, positive psychology, and inspiring examples of Muslim women, this refreshingly engaging how-to guide will encourage you to: - Figure out your wildest ambitions by having the courage to DREAM - Inspire you to rely on the transformational power of prayers through DU'A - Empower you to go out to DO whatever it is you need to live your life to the full. By the end of Dream Du'a Do, you will know exactly what you want out of this life, why you want it, how to achieve it!

RUZINA AHAD is a British Bangladeshi writer, born and raised in London and is currently residing in Abu Dhabi with her husband and two kids. She has a Masters in Leadership and Management in Education and has been working as an instructor/teacher trainer for over twelve years. Ruzina has a vivacious approach to life and truly believes that real victory comes to those who dare to dream, rely on the power of du'a and then go out to do whatever it is they need to do in order to achieve their goals.

PRAISE

At a time when conscious journaling is trending, *Dream Du'a Do* is a must-have resource for the modern Muslim woman. With a tone that's engaging and relatable, combining nods to pop culture with deeper religious ideals, the book will appeal to young Muslimahs across the globe. Traditional 'Islamic' guides and self-help books are often dry and impersonal, but *Dream Du'a Do* is balanced and

deborah@agencedeborahdruba.com phone +33142544389 mobile +33622081500

www.agencedeborahdruba.com

NON-FICTION / SELF-HELP

interactive, reflecting on the inspiring stories of female Muslim role models while encouraging self-reflection from a refreshing framework of faith." **Hafsa Lodi, journalist and author of *Modesty: A Fashion Paradox***

"Ruzina writes with such optimism and depth it makes you know that the dreams you have are worth the chase. The one thing that this book makes clear is that it's our willingness to dream and have faith through our du'as that ultimately give us the strength to do what it takes to fulfil our dreams." **Rabina Khan, journalist and author of *My Hair is Pink Under This Veil***