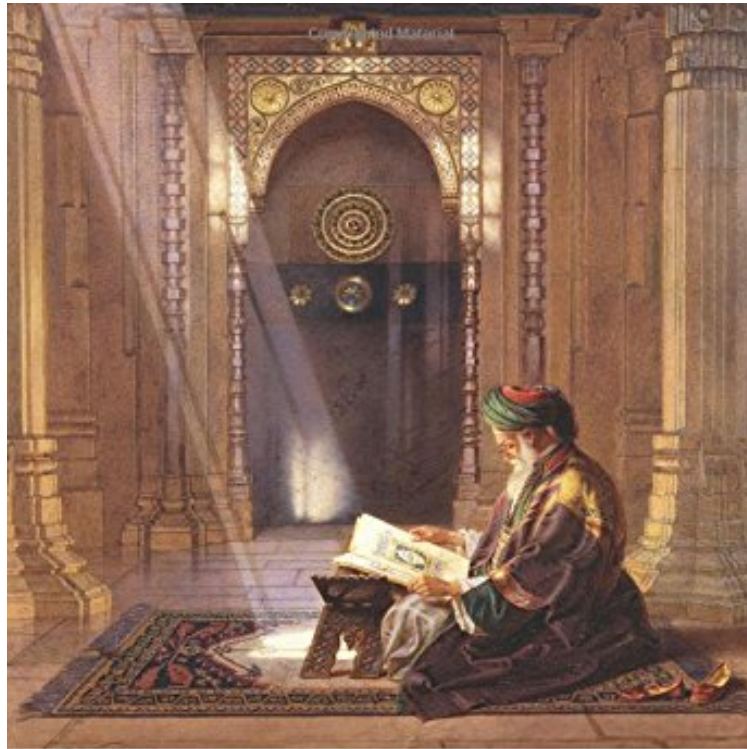


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Malik Badri

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SUSTENANCE OF THE SOUL
THE COGNITIVE BEHAVIOR THERAPY OF A NINTH CENTURY PHYSICIAN

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Malik Badri : Abu Zayd al-Balkhi's Sustenance of the Soul: The Cognitive Behavior Therapy of A Ninth Century Physician before purchasing it in order to gage whether or not it would be worth my time, and all praised Abu Zayd al-Balkhi's Sustenance of the Soul: The Cognitive Behavior Therapy of A Ninth Century Physician:

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treasureBy BernardoThis is an extraordinary little book, surprising with the wisdom, depth and accuracy of perception, inspiration, insight, and reasoning, for the time in which it was written. It predates modern psychological theory and research by over a millinium! ThiS translation uses language that appears too modern, it would be interesting to have one that uses language that predates the late 19th and 20th centuries.

Al-Balki explains symptoms and treatments giving advice on preventive measures and how to return the body and soul to their natural healthy state. In doing so he displays a keen understanding of the human condition and the medical nature of the human emotional state. An astonishing feat given that many of the conditions he discusses were left largely unknown and untreated for centuries before being clinically defined as such, only as relatively recently as the 20th century. A genius, his insights on human psychopathology as well as diagnoses of psychological ailments including stress, depression, fear and anxiety, phobic and obsessive-compulsive disorders, together with their treatment by cognitive behavior therapy, relate to us in every way and are in sync with modern psychology. Importantly, they also incorporate a greater dimension to include the soul and the worship of God.

About the AuthorMalik Badri is Professor of Psychology at the International Institute of Islamic Thought and Civilization (ISTAC), Malaysia. He is a qualified therapist and the author of a number of books including *The Aids Crisis: An Islamic Socio-Cultural Perspective* (1997). (2000).