

# The **HIDDEN** Self

"The Hidden Self is a book filled with potential and hope, it drives people's emotions, talks to their misfortunes and understands them as though it knows the life they went through."  
**-Khalifa Abubakar**, F&B Manager of Nova Cinemax based in Qatar, Doha.

Life can't be determined by introspecting into the functionality of our biological being yet our intellectual ability has demonstrated that the power bestowed onto us makes us superior to any other living being. Any attempt to fathom out the potentialities we hold as humans, has reveled the human mind's special capabilities to revolutionize this world and create more wonders of the modern world, develop solid economic powerhouses and create sophisticated weaponry more than ever imaginable.

Many a times, we are in search of answers explaining the departure from the norm of actual results from our expectations. Our quest for certain things, which we envision as being in the furtherance of our interests, an indepth analytical opinion, sometimes reveals, they are actually detrimental and a threat to our own peaceful co-existence.

A bad past is sometimes assumed to be the sole predictor of our future ambitions, on the other arm, you also can't rely on past glory and therefore we always look forward to re-writing history and adding on to our current testimonies of success. Just as when a butterfly looks back from when it was in the form of a caterpillar. Very unattractive, unattended and unimportant. But that is the belief we hold within us, grisly realities crystallize only when you let your past define you.

Do not allow your poor previous performances to determine your future as this can spell out catastrophes and disasters of epic proportions. It's therefore prudent we remain focused on the power of positivity like the charm and beauty of the butterfly. Let's focus on the prospects of a promising future and quit sympathizing with your bad past. The past could be quite a lesson, learnt to forge a way forward from an obscure trail of events, and probably that is all it is, time to learn and move on.

## DR. M. BAHайдAR,

an inspiring author who sees the need to not only motivate but provide pragmatic solutions to the existing problems that trouble your life. With his curiosity, a contemporary writer emerged with a distinctive style of writing that makes the reader glued onto the pages as they relate to what they are reading. Through his research on the philosophy of life and psychological effect impacting us on the human race, it brought about the need to cover over 2,000 books and has dealt with almost 10,000 personal and family issues. This astounding experience birthed the idea of penning down 3 most exclusive books, 'The Hidden Self,' 'The Point of Deflection,' and 'A household of Bliss,' Which are in widespread distribution in retail outlets near you and on online stores."



DR MOHAMED BAHайдAR

THE  
HIDDEN SELF

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DR MOHAMED BAHайдAR

"I guess The Hidden Self has a potential to impact on people's lives, just the way it did with me. It enables us to foresee what has been a forgery all along".

Dr Siewchingg Yee, PhD in complementary medicine. Awarded as a chartered humanitarian doctor and owner of the security system Integrator, Malaysia, Joho Baru.

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