

IIIT WOULD LIKE TO INVITE YOU!



Book Introduction:  
**HEARTFULNESS**



THE  
ALKARAM  
INSTITUTE  
Est. 2018

*Islamic Spiritual Practices for Health and Well-Being*

Join us for a special event as Dr. Carrie M. York, PhD, founder of the Alkaram Institute, personally introduces her newly edited book, *Heartfulness*, which explores Islamic spiritual practices and their profound contributions to health, wellness, and healing.

**Date: Thursday, January 16, 2025**

**Time: 2-3pm EST**

**Location: 500 Grove St. Herndon, VA, 20170**

**RSVP: [https://bit.ly/RSVP\\_Heartfulness](https://bit.ly/RSVP_Heartfulness)**

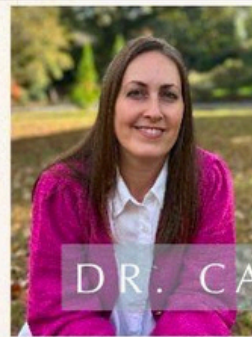
*Heartfulness offers an accessible and expert perspective on Islamic psychology, spirituality, and holistic health, making it a must-read for students, scholars, clinicians, and anyone seeking new insights into wellbeing.*

AVAILABLE NOW

HEARTFULNESS

*Islamic Spiritual  
Practices for Health  
and Well-being*

*edited by*  
Carrie M. York, PhD



*Edited by*  
DR. CARRIE M. YORK

With Chapters by

Ghena Ismail, PsyD; Farah Zahir, PhD; Zuhail Ağilkaya-Şahin, PhD; Sarah Mohr, LCSW; Fyeqa Sheikh, PsyD; Razia Bhatti-Ali, DCLin. Psych; Wadud Hassan, PhD; Maneeza Dawood, PhD and Mahrukh Mustansar, PhD.

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