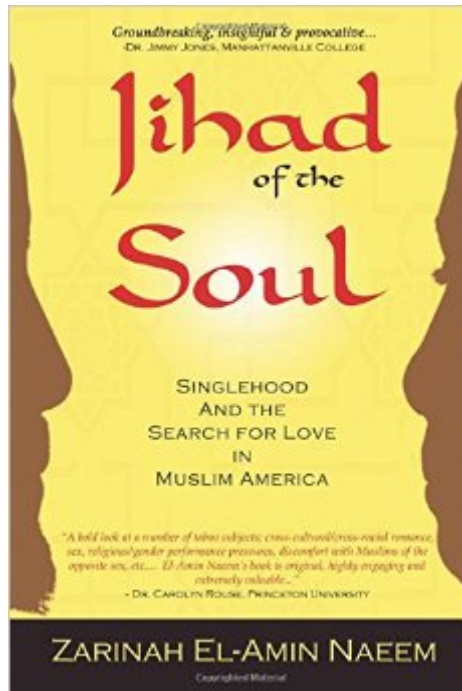


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# Jihad Of The Soul: Singlehood And The Search For Love In Muslim America



## Synopsis

WHY IS BEING SINGLE AND MUSLIM IN AMERICA SO HARD? Why a "Jihad?" Many Muslim communities are filled with beautiful, smart, talented, unmarried, single people. But don't believe the hype! Most of them want to get married. Unfortunately however, many find the road to marriage filled with unnecessary delays, social stigma and spiritual pain. But why? And how do young single American Muslims balance their faith with western culture? Is the Muslim and Islamic way of life so incompatible to the American "hook-up" culture that many young Muslims are bred in? What's happening and how can we fix it? This book is revealing for all religious minorities.

**An Ethnographical Study** The first book of its kind, *Jihad of the Soul: Singlehood and the Search for Love in Muslim America*, by Zarinah El-Amin Naeem, blends first-hand accounts of the attitudes, experiences, and emotions of single Muslim adults with an anthropological exploration on issues of identity, religion and desire into an intimate, rare look at young Muslim singles' navigation of love and faith. Through interviews with single Muslims aged 18-32, Zarinah identifies nine key reasons singlehood is a "jihad." The book ends with key recommendations to the community as well as the leaders with ways the author feels we can improve the marriage process and build strong communities.

**What do you ask a potential spouse?** Here Dr. Cheryl El-Amin, licensed social worker and pre-marital counselor, provides a sampling of questions to ask your potential mate. We know it can sometimes be hard to crack the ice and get to the real nitty-gritty. A sampling of "So You Wanna Know," Dr. Cheryl's questions for marriage are included to help you out!

**A Letter to the Brothers** by Dr. Halim Naeem Manhood, relationships, marriage - Dr. Halim Naeem, husband and psychologist pens a letter discussing some of the most important issues for men to consider prior to marriage. Brothers you don't want to miss this.

**A Letter to the Sisters** Not to leave the sisters out, this emotion and revealing letter from Zarinah to the sister readers is one of healing and growth.

**Reviews** "A bold look at a number of taboo subjects...original, highly engaging and extremely valuable" - Dr. Carolyn Rouse, Princeton University "A wonderful and creative book that provides an opportunity for single American Muslims to share their stories regarding the challenges of developing a self-identity, finding a compatible mate, and maintaining a healthy relationship in a non-Muslim society." - Azizah Kahera, *Azizah Magazine* "Lively and succinct... Zarinah El-Amin Naeem's own experiences as an American Muslim woman make for a compassionate, thoughtful, and useful study of the experiences and perspectives of Muslim singles seeking morally workable Islamic alternatives to mainstream American dating." - Dr. Kristina Wirtz, Associate Professor of Anthropology, Western Michigan University "Reading this book was like talking to my daughter about everything she

doesn't want to say." - Muhammad R. from New York "...Groundbreaking, insightful and provocative...a useful departure point to a larger conversation" - Dr. Jimmy Jones, Manhattanville College, NY

**ABOUT THE AUTHOR** Zarinah El-Amin Naeem is a global presenter, publisher and author from Detroit, Michigan. She uses public anthropology to reveal and address contemporary issues facing the Muslim community. In addition, Zarinah works through her company Niyahpress.com, Beautifully Wrapped, and the Enliven Your Soul Foundation for Global Advancement to create events, products, and experiences that help people tap into their souls. Her ultimate goal is to create a global culture of love by building connections between peoples of various backgrounds. A mother wife and community member, Zarinah would love to connect (zarinah@niyah.net)

## **Book Information**

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## **Customer Reviews**

I have never read a book on Islam that is as honest as Jihad of the Soul. The author discusses topics that are often deemed taboo in Islam but are very prevalent in relationships. Many Muslims think that the relationship issues that plague the greater American Culture do not affect Muslims and thus when our teens and young adults encounter these issues they have no where to turn and think they are alone. This book forces its readers to realize that other Muslims may have some of the same experiences (such as premarital sex and homosexuality) that they are facing. Jihad of the Soul is a must read for Muslim Teens and their Parents.

This book gives unflinching and honest accounts on the difficulties of Muslims seeking marriage in the United States. While finding a spouse comes easily to many, others struggle for a myriad of reasons that cannot and should not be written off. Zarinah El-Amin Naeem is non-judgmental in her approach and gives a voice to so many who have been shamed because of their singlehood. This book is a must read for counselors, Muslim religious leaders, parents and young adults.

Jihad of the Soul is in a unique class of its own. I read this book six years ago and I haven't encountered another book that goes so in depth to the individual experiences of Muslim men and women and the trials, errors and offenses that are faced on the road to marriage. Reading this book was like having a superpower; being able to tell what everyone was thinking and wanted to say, but doesn't. This book removes the veil on taboo topics that you will not find much dialogue on such as homosexuality and premarital sex. This book offers great insight into the experiences of many Muslims and offers an opportunity to have a greater conversation about the real everyday problems that young Muslims are facing daily and the dual pressures that are felt from being American and Muslim.

Zarinah El-Amin Naeem has given us "Jihad of the Soul: Single Muslims Struggling with Identity, Religion and Desire", a study of what it means to be young and single in today's society; specifically, young and single in American society. She takes scores of interviews of people between the ages of 18 and 40 and presents their experiences and opinions in a coherent fashion. Divided into 3 parts, Jihad tackles important questions, such as: \* What does it mean to be Muslim? \* Is marriage still necessary? \* Are my expectations too high? \* How much say should my family have in my decision? \* Where do I find a mate? This book contains a wealth of information. Whether you are a person seeking answers to chase away confusion or simply desire to know "what's really going on", this book needs to be read! Overall, it reminds us that there is no single mindset about Muslims. How I wish this book was around when I was single!

There is simply no other book out there like this. The study and research and the candid accounts of the American Muslim population as they struggle through their internal desires is magnificent. Little to no book will take such an angle and give you such an intimate passage into the depths of the American Muslim population's struggle inside the heart. Jihad of the Soul is a Must Read for anyone who is passionate and curious about the single lives of Muslim populations in America, marriage, courting, and other hot button topics. It is profoundly relevant to other religious populations and

faiths as the same denominator of struggling to reconcile heart and behavior in a hyper sexualized and secularized society.

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