

Shahrah-e-Zindagi par
Kamyaabi ka Safar
(Travelling Successfully
on the Highway of Life)

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Review

This book is a collection of 20 sections, each section a collection of small articles. Though all the sections are diverse, they are related to managing the work and personal life effectively. These articles, collected into 20 sections, were published earlier by the author in Jang newspaper in 1989 to 1992. A list of the titles of sections is given at the end of this book review. Though these sections are not arranged in a particular sequence, the author has expressed each topic in a very persuasive style.

The main theme of this book is the man himself and the time he spends in his life. The author argues that the way a person plans and spends the time available to him in his life, coupled with his attitude towards his life, make him successful or otherwise. The author claims that this book is meant for those who are desirous of making their lives disciplined, balanced, effective, active and purposeful. He argues that these kind of people are perhaps sought after by success itself.

Overall, there is little sermoning and the emphasis has been placed to make a collection of best practices that can help a person remain positive towards his life, makes best use of the environment available to him and hence succeed in life. At the end of some articles, the author has also provided charts to help the readers make self-assessment in the areas discussed in respective sections and bring improvements subsequently. Selected anecdotes from the lives of Islamic personalities have been added to the articles at appropriate places, providing inspiration and reading pleasure.

To give an idea of the contents and style of writing to the reader of this book review, following sections provide focused review of 2 sections selected from the total 20:

Section 1: The first section is titled “*Taraqqi aur Kamyaaabi ke liye chand Isharaat*” (A few hints for growth and success). This section contains 5 separate articles including:

1. *Kamyaaabi ke Ma’ani aur Khush Bakhti ka Matlab* (Meanings of success and definition of Good Luck). In this 1 page article, the author suggests that success is related to achievements of goals and good luck is related to continence. Both these can be best understood while keeping them in perspective of submission to the will of the Creator. He argues that success can be in personal, educational, economic, family and social aspects while it is governed by ones attitudes, habits, capabilities and technology, tools & techniques.
2. *Kamyaaab aur Nakaam Afraad ki Khusosiaat* (The traits of successful and unsuccessful people). As the title indicates, this article outlines what differentiates successful people from unsuccessful ones. Some traits are taking responsibility, fulfilling commitments, attention to detail, respect for others, willing to learn continuously, acceptance of mistakes and urge to correct them, looking to improve way of working.
3. *Kamyaaabi ke Dayerey aur Sanchey* (Areas of Success and its Governing Factors). In this section the author details upon the governing factors of success outlined in the first article of this section including attitudes, habits, capabilities and technology, tools & techniques. Under each factor, the author gives suggestions for improvement and shares best practices, for example, in attitudes he suggests to remain positive and focused, never lose hope, think win-win etc.
4. *Kamyaaabi ke chand Bunyadi Awamil* (Some fundamental factors of Success). In this article, the author has suggested Goal Orientation, Strategy & Planning, Balanced Life and Mannerism as the fundamentals of success.
5. *Qiyaadat ka Ta’aruf aur Matlooba Salahiyateyn* (Introduction to Leadership and Required Skills). In this article, the author looks as leadership as an important trait of a manager. He explains the general habits of good leaders, his positive traits, general abilities, organizational skills, and required knowledge and skill areas and people management skills. Finally he suggests a check-off list for improving leadership skills.

Section 18: This section is titled “*Sehat ke Taqazay*” (Requirements of good health). The section contains three articles, first of which contain extracts from a work of Engr. Sultan Bashiruddin Mehmood of Muslim Medical Research Forum while the other 2 are by the author himself. Following is brief description of each article:

1. Sehatmand Zindagee ke liye Rehnuma Usool (Guidelines for a Healthy Life). This article highlights fundamentals of Islamic health and food guidelines. Some highlights include eating only when hungry, avoid over-eating, not disliking any food presented to you, eating fresh produce, drinking a lot of water, breathing deeply, eating dinner early, leading an active life, performing salaah as per directions for good body movement etc.
2. Jumla Bimariyon ka Illaj-bil-Ghiza aur Perhez (Curing-through-diet for selected ailments). In this article, the author suggests several good diet practices such as consuming high fiber food, eating fresh vegetable and fruit, olive oil etc and avoiding caffeine, smoking, soft drinks etc. He advises to never get angry and avoid taking antibiotic and painkiller medicine unnecessarily.
3. Burhaye ke asraat se bachayn (Avoid the signs of Old Age). In this article the author advises the readers to smile a lot, fast thrice every month and if a complete fast seems difficult, avoid cooked food, add items such as figs, olives, honey, lemon juice etc. He also suggests avoiding microwaving the food and freezing/refrigerating food for long.

Overall, this is a very interesting book which can be used as general guidelines for leading a successful life. It can also be used as a casual reading to keep reminding oneself of what habits a successful person needs. A good read, and recommended for reading by everybody.

List of Sections

1. A few hints for growth and success
2. A few milestones of highway of work
3. A few suggestions on stability in personal life
4. Be a likable person
5. Kill the evil within yourself
6. The powers of prayers and beliefs
7. The health factor
8. Enjoying your work
9. Perseverance
10. The silent struggle for existence
11. The art of speaking, listening, arguing and critique
12. You are a collection of jewels
13. The hidden secrets of success and good luck
14. One hundred rules of success
15. Beware of tricksters

16. A few advices for religious people
17. Make your house a home
18. Requirements of good health
19. A few more factors of successful life
20. Relationship with the creator

About the Author

Muhammad Bashir Juma is a chartered accountant by profession. He did his CA from Institute of Chartered Accountants Pakistan in 1980. Currently, he is a partner in the firm Ford Rhodes Sidat Haider and Co. Earlier he worked at A. F. Furgosen and Co.

He has studied at the Government College of Commerce and Economics, Karachi and Medrassah-e-Islamia Secondary School, Kharadar, Karachi.

Mr. Juma has a vast experience of working with diverse organizations as an auditor and observed the dynamics of organizational working. He also wrote for the Jang newspaper in 1989 for its Friday edition. Later these articles were also broadcast on radio. Mr. Juma delivers lectures based on these articles at different forums.

His other books include “Moasar aur Kamyab Shakhshiat” (Effective and Successful Personality), “Shahrah-e-Aafiat” (Highway to Wellbeing) and “Waqt ka Behtar Istimaal” (Better Use of Time).