

MUSLIMA COACHING WIFE TIPS SERIES

SECRETS OF
Successful
MUSLIM WIVES





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THE UNSPOKEN SECRET

Can you keep a secret?

I mean a really BIG secret.

Okay, I trust that you won't disappoint me. Here we go:

Successful marriages do exist...

AND their successful tactics can be practiced by almost anyone.

I'm serious. Put aside what you've heard and the depressing statistics that came with it. This story line is only going to get juicier with each page turn.

I understand why it may seem hard to believe. It seems like every week we hear about a new divorce.

Couples who we thought were sure to be winners because they were married for 'x' amount of years and with 'x' number of children are suddenly breaking up and moving on.

While these individuals may be entering a new stage in life, little do they know that their separation has left us feeling disappointed and sad.

So much that we may even start to become curious about what occurred in their marriage, ponder over

what will happen to their children, and deliberate about whose marriage will be next.

Like you, I've sailed in the same boat of wandering daydreams, thinking good marriages were the next extinct species on planet Earth.

But when I became a wife coach, things changed. Now, I get a sneak peek into the reality of people's marriages all the time and I want to share the truth.

Yes, there are struggling marriages. But what's often overlooked is that there are good marriages too – really good ones. However, the catch is that they are becoming fewer and fewer.

This is why I've decided to hunt down Muslim women who are in good marriages, question their wife techniques, and summarize them for you.

Yet, we need to come to an agreement before I spill the beans.

Rather than preoccupying ourselves with bad stories and negative emotions, let's change our track of thought and seize the opportunity to benefit.

How about personally reflecting about our own marriages instead.

Are we in a blissful marriage?

Are we actively making the consistent moves to better our relationship?

Are we conscious of how much our daily marital choices will play a toll on the quality of our children's future marriages?

What I've found over the years of speaking with various Muslim women is that successful wives astonishingly use the same successful tactics.

I want to share how these women make their marriages loving, peaceful, and emotionally safe.

Successful Muslim wives essentially resort to a combination of mental, emotional, and heart-centered tactics.

The best part about it all is that these tactics are NOT difficult to carry out – meaning that you, me, and any Muslim wife can use them too!

These tactics are proven to work, providing that we are sincere in our desire to make our marriage pleasing for the sake of Allah Most High.

All ears?! Good! Because I really want to share what I've discovered.

So, lean in and listen to what love secrets have been unlocked.

PART 1: MENTAL FOCUS –
THREE QUESTIONS THAT SUCCESSFUL
MUSLIM WIVES ASK

What many people fail to realize is that most marriage problems are actually first born from what is occurring in our minds.

Our thoughts play a huge role in forming our perspectives about people, and our judgement will shape the way that we react and respond to others, including our ‘lucky’ husband.

Feeling upset about our marriage very much boils down to our perspective and our attitude – how we interpret the events occurring in our relationship.

Successful wives protect the longevity of their marriages by monitoring their thoughts with three key questions.

Question #1: How can I see his side in this?

Sometimes, the way we interpret events hurts us more than what actually happened.

When we stick to the facts, we’re less likely to let our emotions drive us.

On the other hand, when we only think about how we’ve been wronged, then we’re setting ourselves up for relationship failure.

That lurking thought that drives us to think that we’ve been mistreated can become possessive.

If we permit it to gain influence, it can lead us to unfairly judge our husband's intentions and motives.

As our upset and anger intensifies, our ability to hold a good opinion of him soon goes out the window.

We may even label our husband as selfish, incompetent, cheap, mean, inconsiderate, or the like.

However, what if it's not true?

What if our husband is actually not the bad guy that we sometimes envision him to be?

What if he has a good reason for doing what he did?

What if we're only focusing on certain details and we're not seeing the entire picture?

It's very hard to form an accurate judgement about someone when we do not hear all parts of the story.

Even more so, whenever our hearts are involved in the matter, it becomes doubly challenging to assume the role of a fair judge.

Allah Most High says: "O ye who believe! Avoid suspicion as much (as possible): for suspicion in some cases is a sin." (Qur'an 49:12)

Successful Muslim wives give their husbands the benefit of the doubt.

It does not mean that they never experience bad thoughts about their husbands. They do, but it's short-lived.

So, how do they pop the angry pressure building up in their mental balloon?

Simple.

They stop feeding the negativity felt towards their husbands' behavior by satiating their hearts with this wholesome question:

“How can I see his side in this?”

When we give our husband the benefit of the doubt, the good thoughts about him suddenly jump out of the bushes and beat the living daylights out of our negativity.

Aisha was constantly bothered by her husband's recent life decisions. In his early thirties, he decided to change his career track and move to another country.

Even though it forced her to start budgeting after living a more financially secure life, she was supportive. But as time passed, the couple found themselves fighting more than usual, especially in front of their young son.

It seemed like her husband was only thinking of himself and not the well-being of the entire family. Every time Aisha dwelled on the thought that her husband was selfish, her anger raged.

Yet, whenever she chose to remember that her husband was a good man at heart and that he would not purposely ignore her needs, she felt different. And this change of heart made her act differently towards him too.

Within days after changing her focus, her husband was inviting her to watch the sun rise on the rooftop and buying her sweet gifts.

Once she realized the perks of this route, Aisha promised herself that she would work towards focusing more on her husband's good qualities. As a result, the couple's marriage took a turn for the better.

The moral of the story is that successful Muslim wives refuse to believe that their husband intended to hurt them, and they look for a more reasonable explanation instead.

For example:

“He probably doesn’t know that it hurt me.”

“I can understand why he did that if I put myself in his shoes.”

“If I’m honest, I can see how I’m at fault too and my comments probably influenced his reaction.”

By asking this key question, anger subdues, clarity returns, and the road to mending hearts is opened.

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OTHER BOOKS BY MUSLIMA COACHING

HALAL NOVELS & INSPIRATION:

- “[*Love Scripts – Getting Through To Him*](#)” for all sisters.
- “[*Secrets Of Successful Muslim Wives*](#)” for all married sisters.

WIFE TIPS GUIDES:

- “[*Say It With Love: Communicate, Connect & Cure Conflict*](#)” for all married sisters.
- “[*Newlywed Nuggets: Golden Marriage Advice*](#)” for newlywed wives.
- “[*Finding Your Other Half: 8-Step Action Plan*](#)” for single sisters.
- “[*Ten Tips For Dealing With Muslim In-Laws*](#)” for all married sisters.

QUIZ SETS & WORKBOOKS:

- “[*Love Connection Kit*](#)” Relationship Quizzes for all married sisters.

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ABOUT MUSLIMA COACHING

Muslima Coaching is a coaching service that aims to encourage Muslim women to be the best wives, mothers, friends, and daughters that they can be. We coach single women, married women, divorced women, and teenagers (17+).

We offer:

Relationship Coaching – marriage advice centered around traditional Islamic teachings, modern-day marital advice, and self-help tactics for singles, newlyweds, and any married woman

Life Coaching – life guidance geared towards getting in touch with your Islamic purpose/fitra and forming life goals

Emotion Coaching – educational tactics used to teach women how to process, deal with, and react to negative emotional states

Adult Teen Coaching – practical advice of how to transition from a teenager into an adult woman (must be 17+)

Deen Coaching – teaching the rulings related to the five pillars of Islam

Islamic Inspiration – solutions that are built upon and around the deen inshaAllah

Affordable Prices – more than half the price of other coaching services

Group Sessions – courses and workshops teaching sisters about marriage, life, and self-development

Individual Consultation Sessions – unique personal sessions catered to your life circumstances

Complete Confidentiality – no one will know your stuff except us

FREE Video Courses

Umrah For Women

- www.muslimacoaching.com/umra-for-women/

Fasting For Women

- www.muslimacoaching.com/fasting-for-women/

FREE Audio Series

Be His Khadija

- www.muslimacoaching.com/be-his-khadija-audio-series/

TESTIMONIALS

“I want to tell you how impressive your coaching site is. Women are very blessed to have you. Your positive and uplifting advice is superb. Really valuable stuff!”

“The service you offer is excellent mashallah and is of great value.”

“I just finished reading the blog post today and I was so amazed at how beautiful, simple, and wise your advice is. I think any sensitive woman that’s been married for more than a few years can attest to its truths. MashaAllah la quwatta illa billah. And I was so awestruck, and I kept thinking how needed and valuable this information is, and I doubt that there is anything similar on the web.”

“I just wanted to express my heartfelt gratitude to you for starting and maintaining this website. May Allah reward you and give you barakah in it. I love the fact that the advice here comes from the perspective of religion, from a desire to please Allah subhanahu wa tala in marriage, and at the same time takes into account and directly addresses the challenges we

face in our times. Also, there is great comfort in having the coaching option available for people who might need it.”

“I have honestly had such a different outlook since the session alhamduLillah. I have had less stress and worry as I always have and just felt more free than I have with regards to myself. I can’t tell you enough what the one-on-one session and the marriage classes have done for me. I’m almost like a new person. It is like I had blinkers on my eyes and by the grace of Allah swt was helped to remove them and see the blessings Allah swt has so generously bestowed upon me. I’m sure if you asked my husband he could vouch for how much I’ve changed.”

“All marriages need work and Muslima Coaching gives great advice for any woman wanting to improve and maintain a good marriage and home.”

“I had just accepted that my marriage was the way it was, and there was nothing I could do about it, so I forced myself to be happy and live with it. Now I know there are a list of things I can improve on to get a better marriage! And I feel like I have hope now, alhamdulillah. All the practical advice given on

different situations are like wow, subhanAllah, is it really just as simple as that! Why did I make it so hard for myself all those years!”

“Now step by step I have the keys to open the doors to a beautiful life with my husband and children. Muslima Coaching has helped me to understand my husband and my role as a woman and wife and has thus cleared all my misconceptions of what marriage is. Every woman needs to do this course, I have learnt so much!”



www.muslimacoaching.com