

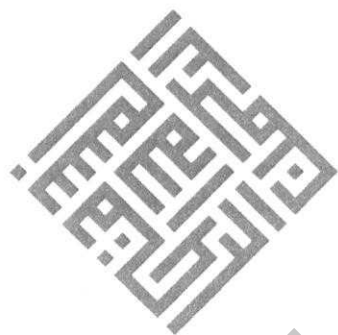
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داس

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کتابخانه



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Shafiee, Abbas - ۱۳۴۶	شفیعی، عباس	سرشناسه:
رفتار سازمانی با رویکرد اسلامی (سطح گروه). انگلیسی. برگزیده		عنوان قراردادی:
An Islamic approach to lifestyle: self - control / by [Abbas Shafiee, Abutalib khidmati], Ali		عنوان و نام پدیدآور:
Aqapiroz, translated by Mostafa Hodace.		
Qom: Al-mustafa International Translation and Publication Center, 2019 = 1397.		مشخصات نشر:
پژوهشکده اسلام و غرب.		مرجع تولید:
۶۳ ص. ۱: ۱۴/۵۰ - ۲۱/۵۰ م.		مشخصات ظاهری:
۹۷۸-۶۰۰-۴۲۹-۶۳۳-۵		شابک:
	وضیعت فهرست نویسی: فیبا	
انگلیسی: عنوان به فارسی: رویکرد اسلامی به سبک زندگی: خودکنترلی		یادداشت:
کتاب حاضر ترجمه انگلیسی بخشی از کتاب "رفتار سازمانی با رویکرد اسلامی		یادداشت:
(سطح گروه) 'تالیف عباس شفیی، ابوطالب خدمتی، علی آقا پیروز است.		
اسلامیک ...		آوانویسی عنوان:
خویشن داری -- جنبه های مذهبی -- اسلام: خویشن داری: Self-control		موضوع:
خدمتی، ابوطالب، ۱۳۵۰ - khidmati, Abutalib		شناسه افزوده:
آقا پیروز، علی، ۱۳۴۶ - Aqapiroz, Ali		شناسه افزوده:
هدایی، مصطفی، ۱۳۴۵ -، مترجم: Hodace, Mostafa		شناسه افزوده:
جامعة المصطفی ﷺ العالمية. مرکز بین المللی ترجمه و نشر المصطفی ﷺ		شناسه افزوده:
Almustafa International University Almustafa International Translation and Publication center		شناسه افزوده:
BP۲۵۰/۵۵/ش۷۰۳۹۵۲ ۱۳۹۷		رده بندی کنگره:
۲۹۷/۶۳۲		رده بندی دیسی:
۵۵۹۵۳۵۱		شماره کتابساز: ملی:

Al-Mustafa International Publication and Translation Center Translation Center

AN ISLAMIC APPROACH TO LIFESTYLE: SELF-CONTROL

Author: Ali Aqapiroz and Other authors

Translated and Edited by: Mostafa Hodace

Year of publication: 1440AH/ 1397 SH/ 2019

Publisher: Al-Mustafa International Translation and Publication Center

Printing: Narenjestan

Print-run: 500

رویکرد اسلامی به سبک زندگی: خودکنترلی

مترجم: مصطفی هدایی

مؤلف: علی آقا پیروز و دیگران

چاپ اول: ۱۳۹۷ ش/ ۱۴۴۰ ق/ ۲۰۱۹ م

● چاپ: نarenjestan ● قیمت: ۱۵۰۰۰۰ ریال ● شمارگان: ۵۰۰

We wish to acknowledge the assistance of all for finalization of this book

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AN ISLAMIC APPROACH TO LIFESTYLE SELF-CONTROL

Ali Aqapiroz and Other authors

**Translated and Edited by:
Mostafa Hodaee**



**Al-Mustafa International
Translation and Publication Center**

Publisher,s Forward

To begin and execute a research is like walking in the path of development and evolvment. When the seeds of the "questions" are planted, in the soil of the mind of the researcher, this phase initiates, and its end is culminated when the result and the outcome of knowledge and wisdom is gained.

Evidently, this end is a new chapter in itself, for growth, and announces beforehand this good news to humans. For the result of all those mental efforts will not only bring the blooming and flowering of talent and all kinds of Blessings to humans, but it also makes the mind of the researcher to ponder and shape new, more questions.

This will produce a great collection of growing plants and flowers for the seeking mind... Those "questions" are in fact, the seeds, which according to the necessities of Time and the strength of the researchers will grow and bloom by themselves. They will make Culture and Civilization to move forward.

In like manner, the increasing rate of transferring oneself from one place to another place and the decrease of the distances will make those seeds travel miles and miles, to faraway places, in order to install them inside the curious mind of other seekers. This will bring an amazing diversity and a novelty for another civilization...

It is true then, that the presence of knowledge and a good, capable management will help this project to develop itself and one has to admit, indeed, that it has always played an important role...

AI-Mustafa International Publication and Translation Center, because of its global mission, and its special position among the Religious Schools and the colorful human diversity that it has developed inside itself, sees it as a moral duty to procure all the appropriate conditions for any research works, and takes its role in this matter, most seriously. To procure all kinds of necessary grounds, with an excellent management of all the existing possibilities and talents, and to care and protect all its researchers in religious fields; these are the most crucial responsibilities of the Department of Research in this International center.

We highly hope that by being attentive to all these autonomous scientific movements, and by fortifying all the existing motives, we shall be able to witness the blooming of the Religious Culture in every part of this wide world!

**AI-Mustafa International
Publication and Translation Center**

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