



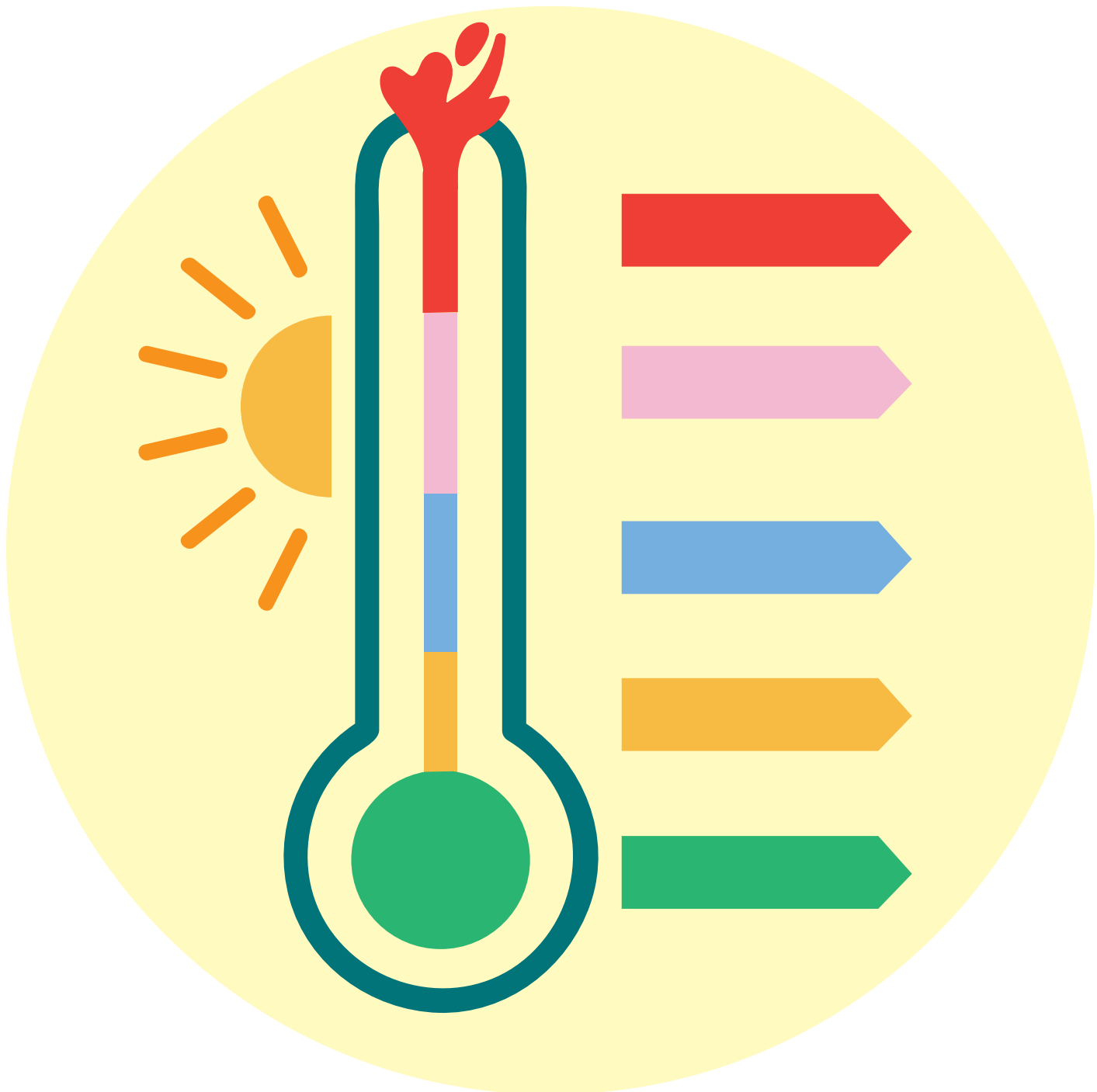
5



The The Muslim leader:



who is stronger?



Clam and happy >

Sad >

Nervous >

Disappointed >

Angry >

Emotions' thermometer, which one is stronger ?

Abu Hurairah (May Allāh be pleased with him) reported :
Messenger of Allāh (ﷺ) said, "The strong man is not one who is good at wrestling, but the strong man is one who controls himself in a fit of rage."

[Al-Bukhārī]