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Mind Platter



Synopsis

Mind Platter is a compilation of reflections on life through the eyes of an educator, student and human who experienced most of life in silence. It is written in the words of a person who came from Lebanon to Canada at the age of sixteen and experienced what it was like to have fate push you to a place where you don't belong. It is written in the voice of every person who ever felt unheard, mistreated, misjudged or unseen. Mind Platter contains around 200 one-page entries as reflections on different topics that we encounter in our everyday lives; love, friendship, hurt, inspiration, respect, wholeheartedness, motivation, integrity, honesty and more. Mind Platter is not about the words that are in it, but about what the reader makes of them. This book does not only belong to me. It belongs to everyone whose path crossed mine. Had my journey not have been what it was, with every story and every detail, I would not be the same person today. May this book give a voice to those who need one, be a crying shoulder for those who need someone to listen, and inspire those who need a reminder of the power that they have over their lives.

Book Information

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Customer Reviews

I simply fell in love with this book, after being introduced to this author on Instagram. The words that this author brings to paper, are the ones that normal people (like me and you) are unable to put into words even though we may be feeling and thinking about them. Reading this book made me feel like I had come home; that I had been given the privilege to meet with a like-minded mind, who really GETS you. This book is brilliant. If you are hesitating, just buy it.

I am re-reading it this weekend and taking my time to fully enjoy all of it this time around, relearning my love of reading and this book is Inspiring me to be even more open hearted and free to share myself.

I was going through a bad breakup and this book couldn't have saved me in time. Every time I needed a reminder to keep my head up and move forward and humble, Najwa's words were my saving grace. She speaks from a place of raw truth and clearly she's been hurt before, and she shows me how to rise well after the fall.

Najwa just has a way with her words that articulates my inner feelings. The positivity and her outlook on many situations found in this book is enlightening and peaceful. It gives me a perspective of self confidence, self respect and that taking the higher road by doing the right thing can only do you good. I can't wait to see what else she has in store for her readers. Great read.

Najwa is an absolutely beautiful writer. Each passage speaks directly to the heart. I feel peaceful, inspired, and restored every time I pick up this book. Absolutely can't get enough and looking forward to future writings. If you are looking to adopt a more positive mindset & attitude, or simply want to bring about a loving & calm energy, I highly recommend picking up a copy of Mind Platter!

Amazing writer, she is going to get far. For anyone that has ever lost love, or ever wanted love, for those that believe or don't believe in love, this book is for you. Thank you for writing this. You have given me hope.

Bought the Kindle version. I love this authors writings, so very inspirational. I'm sure it's going to be read more than once!! It helps calm my spirit. One day I'll own the physical book. Thank you Najwa, you inspire me.

Best book I've picked up in a long while. Very inspirational n thought provoking. Her writing helps me find grey areas in a black n white world. Compassion, understanding and love rien supreme in the lines of each passage. The world just needs more of that! Definitely. Worth. Buying!!!

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