

# *Love & Happiness*

A collection of personal reflections and quotes



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FB Publishing  
645 Camino De Los Mares  
Suite 276-108  
San Clemente, CA 92673  
Visit our website at [www.fbpublishinghouse.com](http://www.fbpublishinghouse.com)

Cover & Book Design: Peter Gould | [www.peter-gould.com](http://www.peter-gould.com)  
Book Layout: Megan McCullough

ISBN: 978-0-9985373-0-6  
First Edition

*Published in the United States of America*



# *Introduction*



Things fall apart. And they break sometimes. Like many of you, my journey hasn't always been easy. Pain is very real. And so is loss. Sometimes it's hard not to let the weight of what we carry—or the memory of what we've lost—take over. Many of us know the reality of struggle, and so many people suffer in silence. It's hard. It's hard not to give up when we face the repeated disappointments of life. Like some of you, I've known loneliness. I've known defeat. I've fallen many times chasing mirages, and broken many bones making castles in life's fading sands. Sometimes, all it took was one solid wave to destroy what I had spent years building.


So I decided to give it a voice. All of it: the tears, the pain. And the lessons. The things I saw and learned and gained along my life path needed a voice. I wanted to give back, in hopes of helping myself and others survive. But then it wasn't just about surviving. I didn't just want people to survive inside their storms. I wanted people to thrive inside their storms.

And so I wrote, as I walked through my own.

The words found in this book became my voice and my letter to the world. They became my deepest attempt to, not just pick myself up, but others along the way. I wrote because, just as we will fall in life, so will we rise. That's the thing about this world. It never gives us only one kind of path. There is pain. Yes. And loss. And even darkness. But there is also light. There is hope. There is beauty.

And there is also love and happiness.

*Yasmin Mogahed*



There are many pieces that make up our lives:  
Moments that break us. Moments that raise and shape  
us. Decisions we make to hold on. Or let go. People who  
enter our lives and leave us changed forever. The ones  
we love, the ones that hurt us, or heal us, or leave us.

Sometimes we don't understand these pieces—or even  
despair over them. It's only when time goes by and we  
look back, that we suddenly can see our whole life like a  
perfectly designed puzzle.

Don't be afraid of the puzzle piece you're in now. It will  
fit perfectly... just like the rest. How could it not?

The Designer is perfect.

