

A Suggested Reading List

Below is a list of books suggested by the editors that are related to and relevant to American Muslim families. All descriptions were taken directly from Amazon.com.

***Before the Nikah: Proven Principles to Help Single Muslims Choose Wisely and Build Strong Marriages* by P. Aneesah Nadir (2021)**

Most people spend more time preparing for their wedding than their marriage. *Before the Nikah* provides Muslim singles with the principles and skills to help them choose wisely and prepare for a healthy, long lasting, *sakīnah* filled marriage. Based on two decades of teaching Muslim singles in her course by the same name, Dr. Nadir helps answer questions such as what does a loving, compassionate, peaceful marriage look like? How do I choose someone who is compatible with me? What skills do I need to build a fulfilling relationship? What if my parents don't agree with my selection? What are the questions I need to have answered before we marry?

***Before You Tie the Knot: A Guide for Couples* by Salma Abugideiri and Mohamed Magid (2014)**

Marriage is a natural developmental stage for most adults but the process of getting married and achieving a successful, long-lasting marriage can be fraught with challenges for Muslims in North America. The authors present a unique approach that reflects 40 years of combined experience in counseling couples. Mohamed Hag Magid is a prominent imam at one of the largest mosques in the U.S., and Salma Elkadi Abugideiri is a licensed mental health professional. The two provide an Islamic framework for the entire marriage process and present marriage as a partnership while underscoring the ingredients for successfully finding a spouse, as well as for establishing and maintaining a healthy marriage. This book is invaluable for anyone seeking marriage, as well as for parents who are involved in their children's marriage process. Those getting re-married after a divorce or death of a spouse will also find this book extremely useful. The authors raise thought-provoking questions to help readers increase self-awareness, clarify what is desired in a spouse and in a marriage, and help them get to know a potential spouse. Topics addressed in detail include finding a spouse, the role of family and in-laws, the marriage contract and wedding, intimacy, spirituality, and finances. Special issues addressed include mental health, domestic violence, and threats to a marriage. This marriage guide is surprisingly comprehensive and practical. It provides a tool kit with concrete skills that can be used throughout a marriage to ensure a healthy relationship that is grounded in the Islamic values of love and mercy – qualities that are necessary to achieve the ultimate purpose of marriage: mutual tranquility. This book promises to be a valuable resource that couples will turn to for many years both as a refresher and as a reference.

***Blended Families: An Islamic Approach to Unconventional Family Structures* by Shadeed Muhammad (2018)**

The concept of blended families is highlighted throughout the Qur’ān and Prophetic traditions (aḥādīth) both implicitly and explicitly. This unique family structure generally comprises of children that may or may not be biologically related to the husband and/or wife but are cared for in the home just the same. Each child comes with his/her own unique set of circumstances that may possibly put a strain on the relationship between the husband and wife. This book explores the nuances of a blended family in a divine yet contemporary context and also provides Muslim families with a blueprint with which they can navigate the inevitable challenges that will emerge along in their blended family journeys.

***Fiqh of Social Media: Timeless Islamic Principles for Navigating the Digital Age* by Omar Usman (2020)**

Social media and digital technologies have changed our lives and there is no indication that things will slow down. As Muslims, we believe that Islam contains the most perfect guidance for all of mankind to follow. How do we implement that timeless advice in our unprecedented times?

***Futuwwah and Raising Males into Sacred Manhood* by Dawud Walid (2020)**

Futuwwah and Raising Males into Sacred Manhood concisely discusses the principles within *futuwwah*, or spiritual chivalry, that young men should strive to embody and should inculcate into our communities. While the virtues discussed in this text are not all exclusively related to young males becoming men, this book is tailored towards males, and the specific issues faced by males as they strive to grow into the path of manhood. Just as young women need their own spaces to learn from women how to become honorable sisters, young men require their own special places to instill in them the virtues of upright brothers. The Islamic tradition calls for a revival of organized training relating to spiritual chivalry and sacred manhood – this is the task of the hour. There are beautiful and majestic qualities embodied by the Prophet that he passed down to his family members and pious Companions. Those upright men were methodically raised; they undertook rites of passage, and manly responsibilities which were placed upon them with expectations that they would be executed with excellence. This book begins by establishing the linguistic and operational definitions of the Arabic word *futuwwah*, translated here as “spiritual chivalry.” The text then discusses the essential virtues for developing healthy manhood, in a specific order of their priority in teaching. The Qur’ānic verses, Prophetic narrations, and sayings of pious Companions and scholars on the subject of *futuwwah* are related with sound meaning, accompanied by meticulous citations in footnotes and endnotes.

***Islamic Divorce in North America: A Shari’a Path in a Secular Society* by Julie Macfarlane (2012)**

Policy-makers and the public are increasingly attentive to the role of sharī’a in the everyday lives of Western Muslims, with negative associations and public fears growing among their non-Muslim neighbors in the United States and Canada. The most common way North American Muslims relate to sharī’a is in their observance of Muslim marriage and divorce

rituals; recourse to traditional Islamic marriage and, to a lesser extent, divorce is widespread. Julie Macfarlane has conducted hundreds of interviews with Muslim couples, as well as with religious and community leaders and family conflict professionals. Her book describes how Muslim marriage and divorce processes are used in North America, and what they mean to those who embrace them as a part of their religious and cultural identity. The picture that emerges is of an idiosyncratic private ordering system that reflects a wide range of attitudes towards contemporary family values and changes in gender roles. Some women describe pervasive assumptions about restrictions on their role in the family system, as well as pressure to accept these values and to stay married. Others of both genders describe the gradual modernization of Islamic family traditions – and the subsequent emergence of a Western sharī'a – but a continuing commitment to the rituals of Muslim marriage and divorce in their private lives. Readers will be challenged to consider how the secular state should respond in order to find a balance between state commitment to universal norms and formal equality, and the protection of religious freedom expressed in private religious and cultural practices.

***Muslim Educators in American Communities* by Charles L. Glenn (2018)**

Political rhetoric and popular concern about the presence in the United States, Canada, and Western Europe of immigrants from predominantly-Muslim societies has remained largely detached from the actual reality of the lives and the contributions of these immigrants and their children. The studies presented here seek to correct this ignorant reaction by presenting objective information from schools that such immigrants have created and sustained. The first looked at seven explicitly-Islamic secondary schools, focusing on the formation of character and American citizenship, while the other studied public charter schools established by immigrants from Turkey, focusing on academic outcomes. Do faith-based schools cause social divisions? Do their students fail to become good citizens who can cooperate with those of other faiths? This familiar accusation against Catholic, and more recently against Evangelical, schools, is now directed against Islamic schools in Western societies. The studies presented here offer objective information from schools established by Muslim immigrants across the United States, with reassuring results.

***Parent-Child Relations: A Guide to Raising Children* by Hisham Altalib, AbdulHamid AbuSulayman, and Omar Altalib (2013)**

This easy-to-read, comprehensive guide contains what you need to know on how to parent with confidence. Packed with advice and powerful tips, using the latest research on child development and parenting techniques, it offers a mine of information on how to let children flourish, take the frustration out of parenting, and develop happy family relations. Authors provide guidance on developing character, knowledge, values, and skills, as well as a faith-based outlook in children, benefitting parents with kids of all ages. The many strategies and techniques offered include teaching children how to problem-solve, make decisions, and develop self-esteem. Raising God conscious, moral, successful children, with a sense of civic responsibility in today's world is not easy. It is also not impossible. Effective parenting is the key.

***Taking Control: A Muslim Woman's Guide to Surviving Infertility* by Farah Dualeh (2022)**

Taking Control aims to provide a guidance for Muslim women who are trying to conceive. Author Farah Dualeh, who herself has tried to conceive for many years, shares her personal experience along with psychological tools to cope with this traumatic ordeal for women who struggle to become mothers. Dualeh also gives extensive content from the Islamic perspective, including rulings on certain issues, as well as prayers.

In this book, women who are trying to conceive will be encouraged to take control of their infertility experience at different levels: within themselves, within their marriage, in relation to social pressures, on treatment options, and on what their family can look like (even when different from the 'norm').

***The Social Media Workbook for Muslim Youth* by Mona Islam and Malaz Mohamad (2019)**

This dynamic social media workbook for Muslim youth invites its users to critically examine the thoughts, motivations, and intentions behind their online presence. In one place, it aggregates relevant Qur'ānic verses and aḥādīth to help guide youth in the decisions they make online. It encourages youth to maximize the benefits of social media, while being mindful and proactive about the challenges. The activities in this workbook are fit for self-reflection and small group discussion. It includes dynamic games that drive the deeper message. Pick up this workbook to add critical discussion to your youth ḥalaqas about God-consciousness in the social media world. Great for youth, scout leaders, youth workers, teachers, principals and parents! This book is intended as a supplement to a greater conversation on how to be God-conscious in a world that invites us to worship everything and everyone else. It is best used by a youth leader guiding youth in discussion and self-reflection.

***Uplifting Black Muslim Youth: A Positive Youth Development Approach* by Sameera Ahmed, Hanan Hashem, and Muneer Khalid (2020)**

Black Muslim youth stand at the cross section of anti-Black racism and anti-Muslim sentiments. What is it like to identify with both of these uniquely marginalized groups? How are young Black Muslims thriving in these conditions? What can adults do to ensure optimal development? Following 10 years of work from the authors who have pioneered research on American Muslim youth and counseling Muslims, this groundbreaking book explores the complex factors impacting Black Muslim youth outcomes. Centering the voices of Black Muslim youth, this book summarizes the latest research and is a road map for individuals and institutions invested in transforming feelings and experiences of marginalization, to those of strength and resiliency.