

My Story as a Muslim Immigrant in America
Psychiatry, Social Activism, and Service
Dr. Basheer Ahmed
A Brief Review

This recently published book encompasses Dr. Basheer's life, his family background, education, jobs undertaken and laudable achievements. It's indeed a motivational book that induces others to follow his magnificent tradition of serving humanity without any discrimination on the basis of caste, creed, religious inclinations or ethnic background.

In each chapter the readers can find a laudable and most worthy role that he has been playing in his life time. His impressive and captivating narration starts with the first chapter in which he dilates on his birth, his childhood environment, his family and the culture that prevailed during those early times.

Dr. Basheer was born in India, moved to Pakistan and also stayed in Europe for quite some time. Finally, he moved to the United States in 1968 where he has been living ever since. In USA he has been enjoying a long yet praiseworthy career as a psychiatrist, professor, medical director, public speaker, and author of books and articles on mental health issues and Islamic culture. While going through the book the readers get a feeling that despite his colossal humanitarian services, he has been humble and down to earth throughout his life. He doesn't brag nor show any urge for appreciation or accolades from others for his vibrant role in dedicatedly serving the fellow human beings.

As the book reveals Dr. Basheer's life is a role model for all those Muslims and non-Muslims who dedicate themselves for pursuing humanitarian causes and help the suffering people in diverse ways. His life also motivates the readers to work hard and also belief in God for help.

His most invaluable advice to the Muslims as enshrined in his amazing life story is to believe that "Modern inventions make our lives easier and comfortable. Why shouldn't Muslims pay attention to this aspect of life on earth? Many Muslims are preoccupied with the minor details of ritualistic behavior, not the major responsibility for improving the quality of life on earth."

Further he exhorts that "Terrorism is forbidden by Islamic doctrine. Our holy Quran clearly states if you kill one innocent human being, you kill all of humanity. We need a reformation of Muslim ideology, and that can only be achieved through education and the application of logical, critical thinking."

This book also inspires all of us to work hard, have belief in God and move forward. I strongly recommend this amazing book to all those who would like to read and follow the inspiring life story of Dr. Basheer as a good and selfless person dedicated to the welfare of fellow human beings.

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