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***(Home work3)***

A new medical study confirmed the importance of optimism and good news, and warns about(against) the dangers of pessimism especially on heart patients. What about the teachings of our religion? Let us read:very good!

An American study confirmed that pessimism may perish(check meaning) the person, after it revealed an increase in the possibility of death to heart patients if they had an Increase of pessimism due to suffering from heart attacks.

Dr. John Barefoot from the medical center of Duke University of America said, This is one of the first studies that test how the patient’s health get affected depending on his view and orientations(attitude) towards his illness, Which ultimately affect the chances for survival.

Previous studies have focused on the impact of the patient's expectations. The studies have focused on the patient’s condition, his ability to resume a normal life, and they especially focused on his ability to work and do physical exercises. However, a recent study has helped to reveal the impact of individual attitudes about the illness on physical health. Researchers from Duke University of America conducted a study of 2800 persons witha coronary artery disease, each of whom suffers from a blockage in at least one artery. The participants were asked to fill out questionnaires to measure (examine)their expectations about their ability to recover from the disease and the recovery pattern of normal life.

According to the study, during the(a) period( ranged from)of 6 to 10 years from the start of the study, 978 of the participants have died. It was found that the cause of death in 66% of the cases were because of an individual's coronary artery disease.

The results of this study show an increase in the risk of death on patients who were pessimistic about their health status. The death of these patients was doubles compared with other patients.

From the standpoint of researchers, the link between depression and the increased mortality rates in people has become well known. However, regardless of any psychological or social factors Listenthe current results show the size of the impact of the patient expectations on recovering from the disease.

According to Dr. "Barefoot" the study offers advice to the doctors about the importance of taking notes of what the patient thinks about his illness, because of the impact it has on recovery. Also it was found that patients with positive expectations about this matter will not only improve their feelings but may enable them to live longer.Good!

Patience and being grateful makes the believer more optimistic and far from being pessimistic, because he knows that God is with him, the future is for him, and that Paradise is waiting for him. Those kinds of people do not get sad about anything they have missed, and are not afraid of what is (yet to happen with them)coming for them.

Therefore God said: **\*** No doubt! Verily, the *Auliya'* of Allah, no fear shall come upon them nor shall they grieve **\*** those who believed, and used to fear Allah much **\*** for them are glad tidings, in the life of the present world, and in the Hereafter. No change can there be in the Words of Allah, this is indeed the supreme success. **\*** (Yunus: 62-64).excellent/ reference of Aya translation?

What does the human believer wants after having athe beauty of owning both the world and the afterlife?

Excellent effort Nouf : 8/10

Read phonetically

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