

Forgotten Sunnahs series

Having a Pleasant Smile Always

“ *Ibn Jaz reports:*

I have not seen anyone
who smiled more than the
Messenger of Allah. ”

[Tirmidhi]

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Smiling has been shown to increase the natural antidepressant hormone, serotonin, causing the one who wears a smile to be happier. Since our Prophet was seen frequently doing it, there is even more reason to smile! So, let's follow along this great sunnah.