

# TRANSFORM



## The Transformation Times

The official newsletter of the DreamBody Centre and Suhail Algozaibi. Motivational Rants, Views and Politically Incorrect Opinions by Suhail Algozaibi. (CAUTION! Reading this might just transform your life!)

### *Check Out The New DreamBody Centre!*



Also:

See my rant about God and Pedophiles.

Hello my friend,

I hope you're doing well! Welcome to another edition of the *Transformation Times*, your monthly friend-in-print! Personally, I'm feeling good but slightly anxious as I have a *really* busy quarter coming up. A few travels here and there, and lots and lots to do.

As always though, despite the busyness, I try to make sure I take enough time off, and spend enough time with my family. One of the things I do is have one day a month where I spend time one-on-one with one of my kids. I call it father/son or father/daughter day. I take one of them out for a day and we just have some one-on-one alone time. I love it and they love it too!

Just recently I took Tameem to Lost Paradise of Delmon, and we had a blast! We spend most of the time at the sand beach there. It was *hot*, but we still had a great time.

I'm also very excited about our new DBC, which will be located in the Bahrain Mall. The original plan was to open in November, but it looks like we're already delayed. We had finalised our plans at the end of July, but I had the plans redrawn when the designers later added columns to the circuit area to support the mezzanine.

I was not happy about that, as I wanted our members to have a column-free training experience. I told them to redo the whole plans, which delayed us quite a bit. There were further delays with the technical specs and the budget, which - as I can be expected - was much higher than planned.

So God willing we'll open early December at the latest. Once we open there, we'll transfer all our equipment from Hamala and close the Hamala branch.

Anyway, speaking of the new DBC, check out the 3-D perspectives on pages 4 and 5!

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## About This NewsLetter

This is your FREE monthly newsletter courtesy of The DreamBody Centre (a brand owned by Falak Enterprises) and Suhail AlgoSaibi. It used to be called the **Zen-Do Times Newsletter**.

The DreamBody Centre is Bahrain's first and only 23-minute body transformation centre where you can get your DreamBody in just 23 minutes three times a week. For more information contact us below:

Tel: 17 613 352

Fax 17 613 358

[www.DreamBodyCentre.com](http://www.DreamBodyCentre.com)

## About Suhail AlgoSaibi

Suhail is the founder of the Zen-Do Bahrain Kickboxing Club [closed in March 2011] and the DreamBody Centre. Suhail is also a blogger, speaker and consultant, and is the owner of Radical Marketing Consultancy. He specialises in giving business owners "radical" marketing tools, techniques and tips to help them explode their sales and multiply their profits. For more information visit [RadicalMarketing.com](http://RadicalMarketing.com).

Suhail is the publisher of this newsletter and author of Bahrain's very first self-defence book, *The Ultimate Self-Defence Handbook*. He is also co-author of the international self-improvement book, *101 Great Ways To Improve Your Life, Volume 2*. He's been featured in various national and international publications including Martial Arts Professional magazine. He's also been featured several times on television including Bahrain TV and international Indian satellite channel Jee Van TV.

Suhail is dedicated to helping people improve their health and fitness and transform their lives. For more updates from Suhail visit his blog, *Suhail AlgoSaibi's Radical dojo* at [SuhailAlgoSaibi.com](http://SuhailAlgoSaibi.com)

# 23-year Old Woman Loses 12.4 kg and 16 Inches of Body Fat at The DreamBody Centre!

*"I can breathe! I no longer sweat with the slightest exertion. Now I can do even those exercises which I never thought I could do. My stamina has improved and I am much stronger than before..."*

"Four years ago, I was frustrated and fed up with my body [...] I started a weight-loss journey.

Initially I lost weight but gradually this stopped working as I reached a weight-loss plateau, which was difficult to break. I tried further for 2 years continuously. I had tried many weight-loss programs and forms of exercises but I did not see good results.

I was finally tired of not being able to lose weight no matter what I tried and consequently gained a lot of weight back very soon. And then one fine day, I stumbled onto DreamBody Centre [DBC] website quite by accident when I was searching for a way to lose weight and stuff.

I went through the website. At first, I was kind of reluctant to believe what it said, i.e. transformation in 23 minutes. But later on when I saw all those weight-loss success stories that had been published, were very inspiring. It made me think that maybe it would work for me but still wasn't sure.

Well, luckily I got a chance to join DBC by Mr. Suhail [Algozaibi, founder of the DBC]. I met him and he said that I would lose pounds and inches on his system as long as I did everything required by the program. After joining I realized that all my previous concepts about losing weight were wrong and all I really needed was DBC.

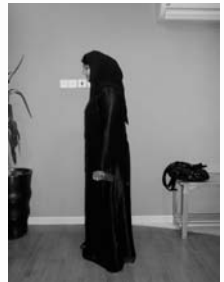
I'm eating more nutritious food than I ever did. I can see the toning and definition I was hoping for, all in less than the amount of time I had on exercising each day.



Sana Shaukat, the winner of the third DreamBody Centre competition, lost 12.4 kg of weight and 16 inches of fat overall from her body.

**I absolutely love the results. I have lost many kgs and inches from my body, and I am now fitter than I was in high school.** I am not at the end of my journey, but this program has taught me not to be as concerned with the number on the scale as the number on the tape measure. This program is definitely helped me to get toned.

I would definitely recommend this program to anyone who is just trying to drop a few pounds, those who have more than just a few pounds to lose, and those who are in the same position I was where nothing was working. Commit to the program, commit to yourself, and you will see the benefits."



Just like Sana, you can get your DreamBody too! To find out how the DreamBody Centre works, and how it can transform your body, call 17 613 352 now to activate your **7-day FREE trial.**

**DreamBody**  
CENTRE

[www.DreamBodyCentre.com](http://www.DreamBodyCentre.com)

This website contains a **FREE weight loss** report entitled "Body Fat Secrets Exposed." Visit today.

**FREE**  
**7-Day Trial**

**Call now!**  
**17 613 352**



ABOVE: The new reception area

RIGHT and BELOW: different views of the changing rooms.





**ABOVE** and **RIGHT**: The training areas.

**BELOW**: Another view of the entrance.



# Why Bad Things Happen to Good People (or Why Does God Allow Children to be Molested)



Here's an article I wrote for my blog, which I thought I'd share with you...



@Maryamalsherooq  
Maryam Al.Sherooqj

Someone asked me, if God does exist, how come he allow Pedophile touch a KID? can some one answer this Q ....

The idea for this blog post came to me over a year and a half ago, but I never got around to writing it. The reason for that is that a) I'm really busy and there always seemed to be other, more urgent things to write about, and b) It's a really deep topic that is not easy to write about!

So the topic was put on the back burner until I saw a Tweep [friend on Twitter] write the following:

Tough one. Of course, I don't really know the answer, but I'll give it a shot. Maryam said that she was discussing this point with an atheist friend.

It seems to me from casual observation, that atheism is on the increase here in Bahrain, which as a devout Muslim, I find rather alarming, not to mention sad. I know several Bahrainis (born to

Bahraini families and Muslim parents) who do not believe in God. Also, as I understand it, some of them meet on a regular basis; I suppose to discuss the none-existence of the Almighty. I don't want to spend too much time here discussing atheism per se, as that is a whole blog post (or more) on it's own. Each to his own as they say.

But the argument atheists use a lot is this: "if there is a benevolent God why does he allow bad things to happen to good people / why does he allow children to be molested / allow poverty and inequality etc."

Like I said, I don't presume to know the answer, but part of the problem in answering this question, is that it requires belief in God to begin with. You see, we have two lives, the earthly life – the one we live now – and the afterlife. In Islam you get rewarded or punished according to your deeds in the earthly life. Furthermore, you get compensated for every single suffering. Nothing is for free, there is always compensation. So whether a person pricks their finger on a thorn, or a child gets molested, there will be compensation for it in the afterlife.

Of course saying something like this does not provide any consolation for the molested child, or for the adult who's haunted by childhood molestation. One could understand why they might be angry at God, or even refuse to believe in him altogether. But it does not change the fact that they will be compensated in the afterlife, and that their molesters will suffer greatly for their crimes.

Remember, the perfect life is the afterlife. Here – in the earthly life- we are meant to be tested and challenged. No one said it was meant to be easy. How strong of a person would you be if you never suffered? You are the total sum of your experiences. Life is a series of waves of good and bad, of easy

and hard, of suffering and happiness. God in His love and compassion, tests and challenges you.

He also gave you the wits and brains to overcome challenges. He did not make you a mindless robot. He gave you your brain and your decision-making capacity, and He then challenged you, and the rest is up to you. You can rise up to the challenge or you can feel sorry for yourself and blame God. Or you can really escape and deny His existence altogether.

Everything happens for a reason – everything. And maybe the children who were molested were meant to become stronger than the rest of us, so that they may help, save and protect other children from abuse. God may have tested them severely, but it does not mean He does not love them. It's up to them to figure out why it happened, and to then become better and stronger as a result of this ordeal.

Anyone who suffers must always remind himself that it could always be worse. All suffering is relative. They must also (try) to be grateful for whatever it is that they have. The focus should be on what you do have, and not what you are lacking, or suffering from.

I want to end this blog post with a message to anyone who was abused as a child. Please don't think for a moment that I'm trivialising what happened to you, I'm not. But I do urge you to seek help, if you've not done so already. Don't make yourself suffer any longer.

You are not the first or the last to suffer through this, but your shame is unjustified. It's not your fault – and nor is it God's. It's the fault of the sick person who did this to you. Seek help and find others who suffered the same as you, so that you can help each other heal.

Then make it your mission to help the children of today. There are many sickos out there who are looking for their next victim. Ask yourself what are you doing to stop them? Maybe you could provide coaching and/or seminars to school children to help spread awareness. Maybe you were meant to be someone else's saviour. Who knows...

+ + +

Well my friend, that's all for today. Not too many words today but lots of photos. All that remains is for me to wish you a great day, and to thank you for taking the time to read this.

And if you're not doing so already, make sure to follow me online. You can find me at:

[Facebook.com/SuhailAlgoSaibi](https://www.facebook.com/SuhailAlgoSaibi)

[Twitter.com/SuhailAlgoSaibi](https://twitter.com/SuhailAlgoSaibi)

[Youtube.com/SalgoSaibi](https://www.youtube.com/SalgoSaibi) and

[SuhailAlgoSaibi.com](http://SuhailAlgoSaibi.com) (my blog)

### **Coming soon!**

In the coming months we'll be launching dedicated DBC Twitter and Facebook accounts, which will have lots of goodies. Also, starting next year, we'll start a bi-monthly internet video series (webisodes). So there's a lot to look forward to!

Thanks (again) for taking the time to read this and talk to you next month.

Dedicated to yours and your family's well-being,

A handwritten signature in black ink, reading "Suhail AlgoSaibi", written on a light-colored rectangular background.

