

Dr. Maha Morsi Arab

CEO and Founder of Eshraka Center for life skills since 2004.

Dr. Arab graduated from faculty of pharmacy; Alexandria Egypt had her master's degree in Bacteriology (High Institute of Public Health in Alexandria Egypt) Diploma in Biochemical analysis (Faculty of pharmacy) Member of The Syndicate of Fine Arts.

Dr. Maha was helping people to cure their bodies for more than 20 years as a pharmacist, then as a Bacteriologist and Biochemical analyst in Medical City Hospital, {family business}.

I went to Denmark, learned about how to find a way to teach others how to help themselves through Psychological analysis and through behavior therapy In England she got hold of written materials that I adapted to support my own intuitive and empirical knowledge to develop programs that clearly delivered our ideas and techniques to others.

And the journey continues in my beloved Country Egypt.

Now she is helping people to heal their bodies, mentally, emotionally, and spiritually through different tools (energy healing, friendly talks discussions, meditation, guided visualization, creative self-expression, and art therapy. She decided that there was a definite need to set up a center that would help women identify their problems and encourage them to find ways of dealing with them.

Eshraka Center runs programs for Kids, Youth and Adults, designed to “set learners on the right track for life”. The aim of the Personal Development Programs is to help learners identify their strengths and deal with their weaknesses, to overcome shyness, communicate with others, and express themselves with confidence; to make the right decisions; to set short- and long-term goals, and formulate plans to achieve them; to deal with problems and obstacles; to manage their time efficiently and “to take the step from effectiveness to greatness”.

It is far from being a theoretical course and is packed with practical activities, including small and large group interactions and through energy healing, friendly talks discussions, meditation, guided visualization, creative self-expression through arts, crafts & psychological analysis and cooking, arts crafts, storytelling, games , wooden dolls ,puppets and Videos.

Dr. Maha published a book in 1999 “Discover yourself and enjoy life”, and now currently re-publishing it for the third time. qualifications, Dr Arab published "Discover yourself and enjoy life," in 1999, which is currently being published under the second volume, "The Map" published in 2022, and a collection of stories for children called "Stories from the heart."

Dr. Maha is also a member of the board of trustees in the Dr.Morsi Arab foundation for human values, morals, and civilizational creations. She also developed different methods for kids & for adults to live a better life and gives healing private & group sessions and conducted several workshops in Egypt and USA, Dubai, DK & Tunis.