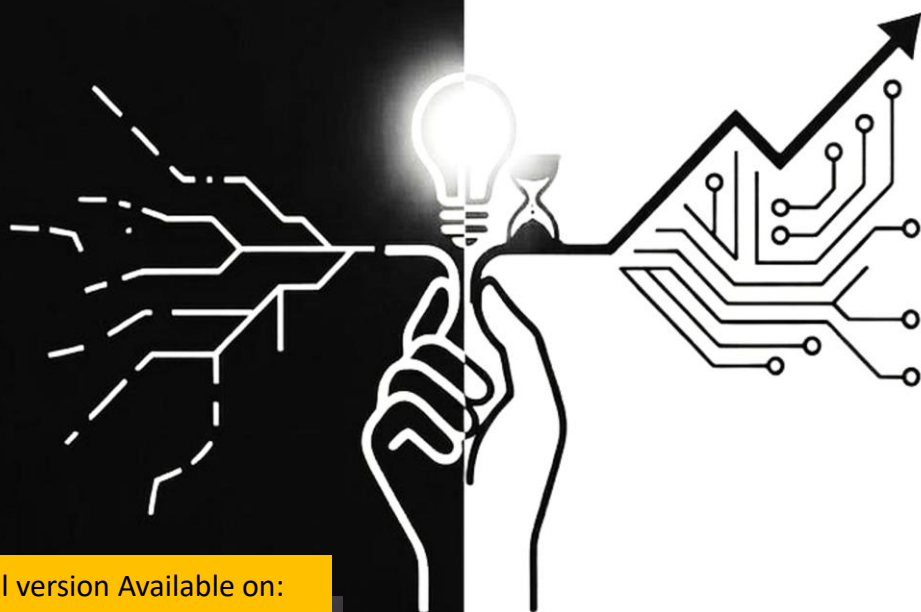


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Syndromes of failure and
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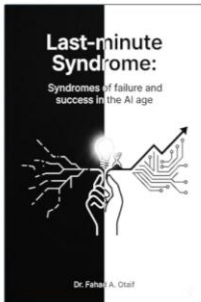
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Last-Minute Syndrome: Syndromes of Failure and Success in the AI

Age Kindle Edition
by Fahad Ahmed Otaif (Author) Format: Kindle Edition

Syndromes of Failure and Success in the AI age Unlock the Psychology of Achievement

Step into a transformative journey that bridges timeless Islamic wisdom of self-development with the cutting-edge era of AI. This book isn't just about productivity; it's a blueprint for mastering your mind and your minutes.

Inside, you will discover:

- **The Syndrome Secret:** A deep dive into 15+ failure traps and 30+ success patterns that dictate your progress.
- **The Dopamine Balance:** How to break the cycle of addiction and regain focus in a world of endless distraction.
- **The "Last-Minute" Mastery:** Learn to conquer, or strategically harness, the adrenaline of the final hour.
- **AI-Enhanced Creativity:** Practical strategies to use Artificial Intelligence as a catalyst for achievement, not a replacement for it.
- **Strategic Time Investment:** Move beyond "busy" toward high-impact, purposeful living through stories of real-world

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Unlock the Psychology of Achievement

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- **Strategic Time Investment:** Move beyond "busy" toward high-impact, purposeful living through stories of real-world resilience.

From the foundations of long-term growth to the high-stakes world of *Al-Jahfala*, transform your mindset into an organised engine of creativity. **Your journey to a more effective, purposeful life starts here.**



About the author

Dr. Fahad Ahmed Otaif is a leading writer and training consultant advancing personal and professional growth in the AI era. He empowers individuals and organisations to elevate performance, strengthen communication, and achieve meaningful progress amid



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Foreword

"Regret for time wasted is more wasted time"

-Mason Cooley

Some people realised early on that life is nothing but a moment, a moment that they made the most of. That is why their words and achievements live and everlast in our hearts and reality, forever vibrant. This might lead you to wonder: How did these words outlive their authors? How did they come to them? And why did their words and deeds, among all others, deserve immortality on this earth?

This is where "The Last Minute Syndrome " comes in, attempting to answer these questions by offering a comprehensive approach to life in an era where machine intelligence is on the verge of changing how everything works, even our perception of the speed of achievement, its time, and perhaps even creativity!

The author,

Mason Cooley
Fahad



Dedication

- To my father's soul, that towering man who taught me the value of time, patience, and hard work. May Allah/God have mercy on him.
- To the hands of my mother, the beloved of my heart, who raised me to seek knowledge and excellence. A box of sweets was my prize for every success, and today, how can I ever repay you? May Allah protect you.
- To my beloved wife and children, without your love and support, I would not have been able to finish this book.
- To every aspiring soul yearning for a bright future, God willing.

-Fahad Ahmed Otaif



Spotlight

To your mind and heart, I say:

Time is the most valuable but wasted resource.

Fahad A. Otaif ¹



1

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- Foreword 1
- Dedication 2
- Spotlight 3
- Content 4
- o Chapter One: The Language of Achievement, is it an idea or a word?! 8
- Jahfala 9
- Syndrome 12
- "Is time a blessing or a curse?" 13
- Fame Junkies and 'New Clowns' 16
- Two unequalled blessings 20
- Time is the most valuable BUT wasted resource 21
- Two kilos of routine: Our problem is with regularity 23
- o Chapter Two: AI and the Transformation of Our Sense of Time 27
- A training session not like any other one! 28
- What is artificial intelligence? 29
- Creativity or acceleration? 30
- 1. E-commerce 32
- 2. Education(Teaching and learning) 35
- 3. Authentication and verification technology 37
- 4. Human Resources Management with AI 38
- 5. Health care with AI 39
- o Chapter Three: Syndromes of Failure! 41
- Perfection syndrome 42
- Dopamine addiction syndrome 44
- Syndrome of FOMO 47
- Wasting Time Syndrome: Screen Obsession 49
- Procrastination, fear, and hesitation syndrome 52
- "Embrace your mistakes!" 55
- The Inner Critic Syndrome 57



- Slipshod/slapdshing work syndrome 64
- Syndrome of Underestimating the Opponent/Competitor 66
- Dependency Syndrome: Mama’s Spoiled Child and the Colour Palette 68
- The Syndrome of Surrendering to a Critical and Discouraging Environment: Who Kills Creativity? 72
- Mischievous... but don’t bury me! 72
- ‘The Upside-down Creativity’ Syndrome: Between the Conventional and the Unconventional 77
- The Imbalance syndrome 79
- The Amanah Loss Syndrome 82
- High Entitlement Syndrome 85
- Pressure Surrender Syndrome 87
- o Chapter Four: Success Syndromes! 91
- Vision and Goal-Setting Syndrome 93
- Set your goal and give it all your focus. 94
- How can I define/specify my goal? 95
- The SMART Goal 96
- Syndrome of having a unique skill and hobby: True Enjoyment of Time! 110
- Hobbies are a lifeline 111
- Don't deny your talent! 112
- Between Job and Passion! 113
- A sandy island in the middle of the sea?! 116
- A hobby is a source of joy and a shield against depression 118
- A unique skill? 119
- The Critical Thinking Syndrome 123
- Intuition and Data Analysis: Use Your Senses Well" 123
- Optimism Syndrome: Positivity 126
- Positivity: A Luxury or a Necessity? 128



- Syndrome of Trusting in Allah 135
- Time management and prioritisation syndrome 138
- Financial investment vs. job-hunting syndrome 141
- The Consistent Habits Syndrome: Bridging Discipline and Atomic Habits 142
- The Laws of Habit Change: 143
- Creative Presentation Syndrome 144
- Early Wake-Up Syndrome 147
- Be on time with nature and the laws of the universe 147
- The Reading syndrome and widening experience and knowledge 151
- The Virtuous Manners Syndrome and Networking 153
- The close friend/companion syndrome 161
- Justice Syndrome and the Avoidance of Injustice 162
- The Gratitude–Fidelity Syndrome 165
- The Supplication and Remembrance of God Syndrome 167
- The Volunteering Syndrome 169
- The Patience Syndrome 171
- The Adventure and Migration Syndrome 174
- Yassin’s Adventure: A Short Story Written by Artificial Intelligence 176
- The T Letter Syndrome and the ‘Beautiful Diaspora’ 179
- The Suitable Team Building Syndrome 182
- The "Silo" Syndrome and Individualistic Work 184
- The Reaction Syndrome: Dealing with Envy 188
- Between innocence and malice, realise the truth early and do not waste your time. 195
- The Mutual Benefit Syndrome 198
- The Delegation Syndrome 199



- The Minimalism vs. Hoarding Syndromes 200
- Minimalism and Business Prototypes 202
- The Impact Syndrome 204
- How Do We Achieve Impact Through Our Work?206
- The Initiative Syndrome: Seizing the Moment 208
- The "Shut Up and Execute" Syndrome 208
- References 210



- **Chapter One: The Language of Achievement, is it an idea or a word?!**



“The limits of my language mean the limits of my world”

-Ludwig Wittgenstein



"A different language is a different vision of life".

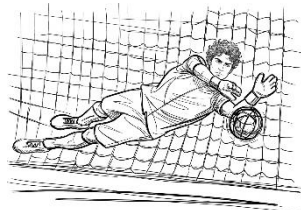
-Federico Fellini



Jahfala

The event: The 2015 King's Cup Final Match in football, held at the Shining Jewel Stadium (Al-Jawhara Stadium) in Jeddah, Saudi Arabia. The date, June 5, 2015. After an intense match where Al-Nassr Club led their rivals, Al-Hilal Club, in the 119th minute of extra time in the final match for the King's Cup, Al-Shalhoub, an Al-Hilal player, took a corner kick to the Brazilian Thiago Neves. Neves then redirected it to Mohammed Jahfali, who put it into the net in the last minute of extra time, ending Al-Nassr's lead and crowning Al-Hilal as champions.

This achievement shook Saudi football fans, dominated media outlets, and changed the language young teens, men, and women use to describe their accomplishments in Saudi Arabia to this day. It never crossed Al-Hilal player Mohammed Jahfali's mind that his family name would become a verb signifying any achievement accomplished in the **last minutes**. Thus, the word "**Jahfalah**" emerged as a noun whose meaning is 'turning the tables over at the last





minute'. From Jahfalah, the verb "Jahfal" was also derived, meaning to 'turn the tables' and expectations at the last minute. It spread like wildfire in the daily Arabic language since then, particularly in the Arabian Gulf. It is said that its widespread use was due to its close meaning to the classical Arabic word "Jahaafil," which means a massive army/Hordes, and its verb "Jahfaal," from which "Jahfalah" means to knock someone down and throw.

Between "Jahfalah" (the last-minute actions) and "long-term construction" (cumulative construction), many creators crumble, and many ambitions are lost. Indeed, they might even lose faith in themselves, simply because they either adopted the last-minute syndrome or "Jahfalah" in the wrong context, or perhaps because they overused the concept of long-term construction, drowning in the **perfectionism syndrome** (see Chapter 4)!

By doing so, they miss the train, while others moved on leaving them behind, remained stuck at the same station with no significant progress made. As Omar, the 2nd. caliph, may Allah be pleased with him, said: "*Let none of you refrain from seeking provision saying, 'O Allah, provide for me,' for you know that the sky does not rain gold or silver!*"

This takes me back to 2019, when I had just returned with my PhD from the UK and joined a two-day

12



workshop on designing and transforming creative ideas into projects. I invited one of my closest friends to join, and he replied, 'Doctor, this workshop will be attended by your own students; how can you attend with them? You're a doctor (meaning university professor)!

Honestly, I was surprised then, but quickly smiled and said, "It's alright, my friend. I am a student who is eager to learn new things, especially in areas I don't know much about. I will attend to either learn something new or confirm what I have already learnt".

To be honest, I benefited greatly from this workshop. It **shattered** many of my fears and helped me design and produce **numerous** creative ideas and initiatives since then. I learned then that time has value if we spend it developing talents, fostering creativity, and learning something new.



There is **no age limit for learning**; a **person is born and dies while still learning**.



Syndrome

Merriam-Webster Dictionary defines the English word 'syndrome' as either:

- 1- **a group of signs and symptoms that occur together and characterise a particular abnormality or condition.**
- 2- **a set of concurrent things (such as emotions or actions) that usually form an identifiable pattern.**

In this book, I use this term (**syndrome**) to describe every repeated behaviour/pattern that dominates its owner, whether positively or negatively. My philosophy on this is that success and failure are merely the result of "small, repeated habits," as James Clear, *author of Atomic Habits*, states (Clear, 2018).



"Is time a blessing or a curse"?

And on this, the English philosopher William Penn says:

**"Time is what we want most,
but what we use worst!"**

-William Penn

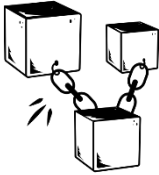
While some believe that time is a simple matter, and that we increase our happiness by spending it on entertainment, the truth is that this is an

illusion. There is a profound confusion between the concepts of happiness and pleasure; **what brings you pleasure doesn't necessarily bring you happiness**. This illusion has led many young men and women into the world of smoking, and even drugs addiction, as they falsely believed that happiness lay in a dose of one of these poisons. While offering temporary pleasure for a few minutes, these choices often lead to lasting regret.





Among these was the famous rapper **Michael Jackson**², whose drug addiction was discovered in 1993. Regardless of the time he spent in rehab, Jackson largely denied his addiction. His family and friends repeatedly tried to intervene and help him, and specifically expressed their fears about the seriousness of the matter to his life. Unfortunately, he refused their help until it consumed him entirely, and he passed away in



2009 due to an overdose. Such cases are common among both celebrities and unknowns alike: **emptiness and the failure to invest time usefully lead them to dire consequences and bad habits like addiction, smoking, and others.**

But the question is: **Why do celebrities fall into the clutches of addiction?** Here, [Dr. Robi Ludwig](#) comments, saying: Fame is so fleeting. People who achieve it, there's no guarantee that they'll maintain it. So, therein lies sort of the addictive loop. One of the concerns with celebrities who have made it is that they will lose it. There is this need for more and more. And just like with any addiction, it has less to do with actually the item that

² See Coroner's Analysis (2011) and Britannica. (2024).



you're seeing, so the fame is actually used as a mood enhancer. Fame helps a person to feel important, invaluable – that they matter.” (Griffiths, 2014, para, 9).

A lot of tension, anxiety, and a need for more and more continues to grow within them, and as with any addiction, fame is actually used as a mood enhancer; it makes them feel important, significant, and invaluable!



Therefore, addiction of all kinds is a miserable attempt to enjoy time and spend it away from the hardship of hard work and self-development.

This is what I call the **dopamine syndrome**, which we will talk about later in Chapter 3 of this book.



In this book, I take you on an engaging journey through the syndromes of failure and success, between long-term construction and aljahfala! Between dopamine addiction and learning to moderate it, all in pursuit of understanding how we can overcome, or even harness, the “**last-minute syndrome**” at just the right time. A





syndrome that, if we truly understood, could transform our lives for the better by helping us build a more organised mindset and adopt behaviour that is more effective and beneficial, God willing. Especially nowadays, as we live in an era where technology and machine intelligence (artificial intelligence) have reshaped how most things operate, and redefined our understanding of **achievement, creativity, and time itself!**