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Titolo	Zany, zeal, zeat and zing [[electronic resource]] : the z way to happiness // Zaibun
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ISBN	1-281-93428-3 9786611934286 981-279-351-8
Descrizione fisica	ix, 105 p
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Nota di bibliografia	Includes bibliographical references (p. 97-101) and index.
Nota di contenuto	Happiness Is a Serious Matter; What Is Happiness; Be Zany; Apply Zeal; Have Zest; Put Zing into Your Life.
Sommario/riassunto	Provides a brief history of happiness and motivates readers to apply strategies related to happiness in their day-to-day life. This book also discusses the benefits of being happy and the consequences of being unhappy. The chapters are grouped under four headings - Zany, Zeal, Zest and Zing.