

1. Record Nr.	UNINA9910822078703321
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Titolo	Zany, zeal, zeat and zing : the z way to happiness // Zaibun
Pubbl/distr/stampa	Singapore ; ; New Jersey, : World Scientific, c2008
ISBN	1-281-93428-3 9786611934286 981-279-351-8
Edizione	[1st ed.]
Descrizione fisica	ix, 105 p
Disciplina	152.4/2
Soggetti	Happiness Joy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
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.