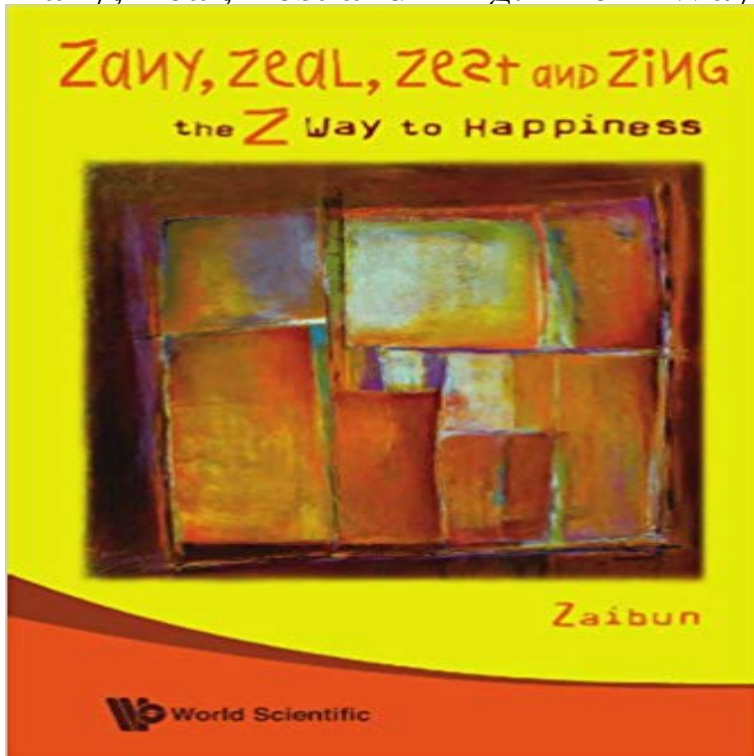


## Zany, Zeal, Zest and Zing: The Z Way to Happiness



Written in a pragmatic, yet inspirational style, this book provides relevant and useful information on happiness. It provides a brief history of happiness and motivates readers to apply strategies related to happiness in their day-to-day life. It 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. Each chapter is unique and will be of great interest to readers.

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