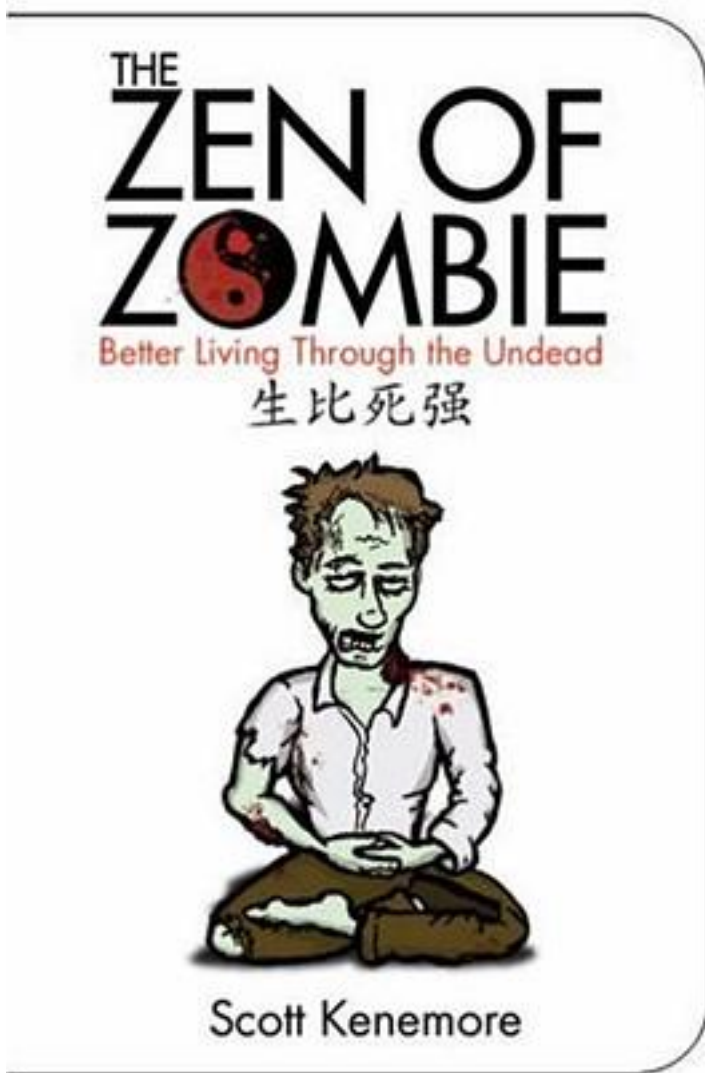


The Zen of Zombie



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Do you struggle out of bed each morning and sway lifelessly across the room, mouth agape, arms hanging slack, murmuring unintelligibly? Well, take heart: you're not alone! But these other staggering, limp, perpetually drowsy folks just happen to be zombies - and it turns out they can teach us a lot about enjoying life. And only here, between the covers of this book, will you learn their secrets to happiness. Learn how to slow down and move at your own pace, become your own boss, and just devour those irritating people who get in your way. And there's more, because zombies can offer no-nonsense advice on love, playing to your strengths, and on becoming more adaptable.

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