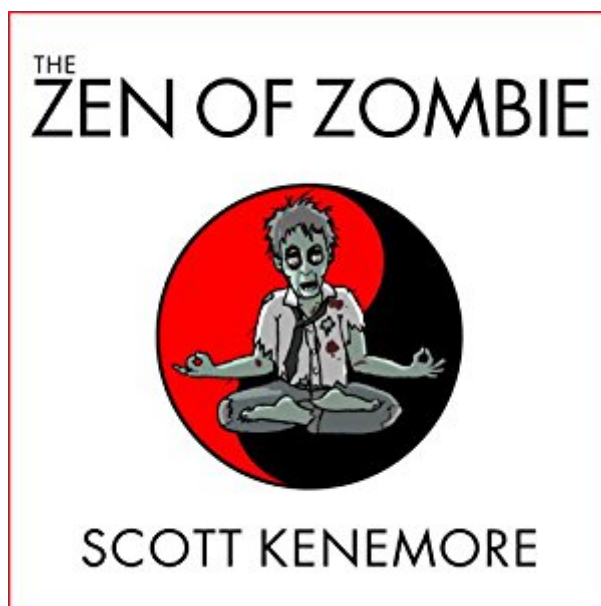


The book was found

The Zen Of Zombie: Better Living Through The Undead



Synopsis

Reanimate yourself for success with advice on life, love, and work from the undead!

Book Information

Audible Audio Edition

Listening Length: 4 hours 49 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: December 26, 2011

Language: English

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Customer Reviews

I love zombies and humor and self-help, so I thought this would be perfect. Unfortunately, it barely made me chuckle and was about as deep as a bottle cap. It had a few okay moments, but got really repetitive and boring.

The way Max Brooks brought humor to some of his realm and the feeling you got when you read Jane austin with flesh-eaters is captured here, in The Zen of Zombie. Here, you can see the beauty of the beast as well as the motives and the drive, allowing you to feel and think the way something undead and driven might. This could mean a better you through the mechanics of the undead, apply some of those lessons the same way people wanted to apply The Art of War to their lives. What could I possibly learn from something that crazes brains and moves slowly, you may ask? Well, check out the book and see. When I first read this, I chuckled and saw some good ideas here as well. This is not a serious thing and yet it has some serious notions, making it oddly useful in such a comedy-filled arena. This means that you might find a nice quote to feed to a friend, fending off the "braaaaiins" cries you could hear after someone binging on sugar and Red Bull and watching too many "Dead" movies - not that there really is a capper for Romero. You know what type of book this is and if you want it or not. It probably won't lead you to the waters of that raise you want or past the anger management you need, but you could learn something and have fun doing it. Single-minded purposes, doing it and doing it well; read the literature and see just how good the hunger can be. And

don't go contract zombie-like diseases just to say "yeah, this book works!" Or do - we could use some excitement in the world today.

The authors do a good job trying to make this work, but it was too much at times and more than I could handle. Couldn't even finish it.

I have not read to much of the book but want I have I shared it with my daughter who is a teenager.

I loved this book. It's hilariously funny, tongue-in-cheek humor, and at the same time it makes sense.

He is into this stuff. I got it a long time ago and everything is fine but now zombie apocalypse so I am wondering if I should have got him some socks or something more useful.

Interesting, somewhat satirical take on how the life of a zombie is actually pretty zen.

I have not read a single self-help book in my life and have been grateful that it has never been a calling of mine. Sure, a few business class reads about the habits of this and who moved my cheese and so on, but THIS is THE tome for the person who needs a whole life makeover. Nothing can compare to becoming a zombie as a way to helping yourself. Zombies are Zen, they are pure and do not deviate. We can all learn a great deal by studying everything there is to know about zombies and trying to emulate them. Well, except for the eating of brains part. But the idea here is to have the focus, the raw determination, the lack of concern for minor or even major details. All of it must be disposed of in the face of complete zombification. This book discussed the 24 habits of highly effective zombies (which are the only kind there is), which include such genuine gems as this: be adaptable, be your own boss, remember its just stuff, and digging a grave? You've got it made! The book also gives you a twelve step plan to complete zombification in 90 days. How you conquer your fears (and make those who you have feared in the past now fear you), playing it cool, letting go of your ego, and being in the zombie zone are all just a portion of the wisdom imparted between these pages. This is a rollicking good book that lacks all inhibitions. The author is wise to the ways of zombies and plays it to the hilt here. He takes great pleasure in driving his point home with heaping handfuls of gruesome advice that had me laughing and nodding in agreement the whole way along. If you are looking for a good laugh and an excellent self help guide at the same

time, look no further, The Zen of Zombie is your answer.

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