

INTRODUCTION

Why Happiness? Well, I decided to write this book to help people to be happy. So many people I know are busy with their careers and their families that they often forget to relax and have fun. Too often, they are caught up in the business of generating more income for themselves and their family members that they do not have the time to be happy. I have friends who are depressed and unhappy over certain issues and problems so much so they have sought medical attention for this.

After deciding on the subject, I thought about the structure and content for the book. As with my previous book, *Managing Oneself: Footprints to Success*, I chose to present the material in a pragmatic yet inspirational style. I opted to provide practical tips and strategies for people to implement. I decided that it would be necessary to provide a historical framework about the subject as so much has been written, researched and said about the subject. To enable people to understand why Happiness is important to them, I included a chapter on the benefits of being happy and the consequences of being unhappy.

As I read what different scholars and philosophers had to say about Happiness, it soon became clear to me that I could arrange the strategies for happiness under certain headlines namely Zany, Zeal, Zest and Zing.

Zany relates to play and all things fun while Zeal refers to devotion to a cause, ideal or goal. With Zest things would be exciting, enjoyable and interesting. Zing, in turn, will make us

feel energetic, lively and vivacious. People who apply or cultivate the Z way to happiness will surely experience happiness.

The Z way to happiness is my suggested approach to attaining happiness. Practice the Z way to happiness and you will be contented, happy, energized and exciting. I have practised the examples and strategies proposed in the book and experienced much happiness for myself. Hence, I would like to share them with you so that you can experience happiness as I did.

Use the Z way to happiness...Be Zany; Apply Zeal; Have Zest and Put Zing into Your Life...Be Happy.