



# The Zen of Zombie: (Even) Better Living through the Undead

*Scott Kenemore*

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While you may struggle to get out of bed each morning, swaying lifelessly across the room, mouth agape, arms hanging slack, and murmuring unintelligibly, take at heart that you are not alone. While many people feel this way, most of those staggering, limp, perpetually drowsy folks just happen to be zombies—and it turns out they can teach us a lot about enjoying life!

*Zen of Zombie* will teach you their secrets to happiness, by learning 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.

With this recent update, you will learn more about the inner workings of the living dead, and why they do the things they're known so well for doing . . . including why they always have that glazed over look on their faces. Follow the genius of Scott Kenemore as he leads you through the world that only a zombie could properly understand.

Having peace and tranquility in life is the key to success and happiness. Now, with this book by your side, you will be able to not only find spiritual relaxation and chi, but you'll also be taught how to think less and relax more . . . as zombies have no use for their brains.



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