

★★★★☆ A guide for self-discovery offering solutions for a positive life

Reviewed in the United States on July 2, 2020

This book looks at many facets of life from health, mental health, relationships to name just a few and suggests more useful mindsets with a coaching viewpoint. I found that viewing these life issues from the author's perspective to be helpful in challenging my self perception. There is no one size fits all, but seeing how others approach problems in life can be eye-opening. The author's comments about stress being the absolute worst thing for us, wasting our valuable time, energy, and compromising our emotional health to be thought provoking. Anyone who wants to make positive changes in their life and look at the future in a new way will appreciate this book.

Clara Console

★★★★★ Z-isms - A belief system worth considering

Reviewed in the United States on March 10, 2020

Verified Purchase

Matt Zinman has written a very introspective and personal account of his life using lessons and stories which may be helpful if you are taking an inventory of yours. His writing style incorporating examples of situations in his life makes it an enjoyable and helpful guide. This book could certainly be used to share your own life lessons with your children or grandchildren. It made me look at my life's 'chapters' and gain insight of how I've grown from my experiences, and how I could have possibly handled some in a different way.

Matt's familial style and his personal offerings allows the reader to grasp concepts, learn from them, and ultimately apply them. His examples led me to remember some of my experiences, which at times made me laugh out loud, as well as some that made me ponder their importance and effects.

If you think you've read too many 'self-help books,' don't give up yet until you read Matt's. It may just be the easy-to-read 'mirror' you've needed to assess YOUR life and become a better person for it!

Hannah Mohr

★★★★★ 'Lend yourself the perspective to view things differently, even if you don't believe it right away'

Reviewed in the United States on July 16, 2020

Author Matt Zinman shares his "pearls of wisdom, original wit or personal experience shared to positively impact as many people as possible; Insights to Live By" that he has gained throughout his life and challenges readers to become the best possible versions of themselves. The books shares Matt's personal journey to success with complete transparency and really manages to open up to his readers. I recommend this to anyone looking to improve their daily life and make a difference.

Peyton

★★★★★ An inspiring and practical life guide

Reviewed in the United States on May 4, 2020

Verified Purchase

No matter what stage of life you're in, this book will help you get to know yourself even better! Matt asks the reader to analyze themselves while also taking you along his own introspective journey. This book is unique in its category because you don't realize how many life-improving techniques you've learned until after the last page is turned because the book is just so fun to read! The author packs each page with insightful and witty gems of wisdom that really make you stop and think. You may think you've learned all there is to know about personal development, but there's no way you can read this book and not be better for it!

Jordan Gross

★★★★★ Humor and Knowledge

Reviewed in the United States on March 20, 2020

This book will make you laugh and think, which is a wonderful combination! Probably one of the best I can think of! You can feel the author's personality jump off the page, and that is the sign of a masterful piece!

Michael Janiszewski

★★★★★ Useful advice in an interesting package

Reviewed in the United States on March 8, 2020

Verified Purchase

Z-isms is an engaging look at a lifetime of practical wisdom and how to apply it to your own situation. Matt writes in a clear, informal style with plenty of humor and personal anecdotes that balance out some of the serious themes that are covered. It's clear that the structure of the book was chosen with great care; each chapter builds upon previously introduced concepts to tie things together into a detailed and comprehensive plan for improving one's self. I'd recommend Z-isms to anyone looking for a little guidance from someone with a wealth of experience and a talent for making it accessible.

Rose Hale

★★★★★ interesting and insightful

Reviewed in the United States on July 1, 2020

The book is written as if having an intimate conversation with the author and features his personal anecdotes as he shares his perspectives and "Insights to Live By." These include winning his battle with depression, experiences as a single parent and relationships as well as the practical advice and tools as takeaways from the book. Readers also can personalize a Life Enrichment Action Plan (LEAP), which includes a 90-day framework for personal and interpersonal growth.

James Tait

★★★★★ Relatable, motivational and inspiring

Reviewed in the United States on March 16, 2020

Verified Purchase

This book drew me in from the start and kept me engaged to the finish. I also like how the author invites readers to join a private forum to continue to interact. Matt Zinman offers a wide-range of insights about the ins and outs of life and is very relatable in sharing in own experiences, some of which are private disclosures that are moving and authentic. Z-isms is highly motivational with a lot of takeaways that I'll continue to put to good use. I'd recommend this book to just about anyone.

Megan Barrella

★★★★★ Fun and Easy Read

Reviewed in the United States on March 12, 2020

Verified Purchase

I really enjoyed reading this book. As soon as I started reading, I couldn't stop. The author, Matt Zinman, makes you feel like one of his friends as you read through the book. I have never been able to relate to a book as much as I did reading Z-isms. As a college student, I go through a lot day in and day out and by reading this book I believe I have become the best version of myself. I recommend this book to anyone who is looking to grow as a person, which I believe everybody has the ability to do.



C. Dager

★★★★★ Like counsel from a trusted friend

Reviewed in the United States on March 24, 2020

Reading Z-isms is like spending an afternoon in a coffee shop with a trusted friend. It's a warm, encouraging conversation that leaves you refreshed, inspired and ready to step out in a new way.

Z-isms speaks loudly to those who are struggling – perhaps grappling with a dysfunctional relationship, a stressful job or a destructive habit. The counsel is clear, simple and kind. Author Matt Zinman skillfully weaves together a wealth of practical insights from his own life experiences. Some of his vignettes are uplifting and cheer-worthy. Others are bittersweet. There are no empty clichés or self-righteous platitudes here. Zinman writes with sensitivity and vulnerability, making an instant connection with the reader. Although he holds a humanist perspective, Zinman is self-aware and respectful of others' views, as he shares his passion for the world around him and his appreciation for life itself. He encourages self-reflection, mindfulness, forgiveness, gratitude, positivity and more, coupled with discipline and courageous forward motion. Real-life examples and helpful exercises coach the reader toward their best vision of themselves. For anyone who's ready to make a positive change in their lives, I highly recommend that they grab a cup of coffee and spend an afternoon with Z-isms!



David G

★★★★★ Optimistic and engaging!

Reviewed in the United States on April 2, 2020

Verified Purchase

An abundance of positivity and resilience within the modern framework of society fills the pages of Zisms. A breath of fresh air in breathing easier through life. Zisms is a fun, interactive introspection, that reads like a conversation with a friend. It helps expose self precepts, and strategizes for optimal growth. Highly recommend the journey Zisms takes you on and engages you with your life.



gp

★★★★★ So True and So Poignant

Reviewed in the United States on August 20, 2020

This book sums up life - and how we each see things so differently yet there is one truth about each one. One of my favorite Z-isms in the book is "Just because something feels real does not make it true." How true is that?! I love how the author captures so much in just a few words which are so poignant they make you stop in your tracks. This is a fun read and many Z-isms (which I think are True-isms) will stay with me.



LoveLea

★★★★★ Must read

Reviewed in the United States on August 19, 2021

Verified Purchase

Nuggets of wisdom throughout battling the odds. Inspiring and well written.

★★★★★ Beneficial!

Reviewed in the United States on March 15, 2020

Wonderful and insightful, great read.



Julie

★★★★★ A great go-to for motivation and inspiration

Reviewed in the United States on December 19, 2021

Verified Purchase

This is a great book that continues to inspire me each time I pick it up. Highly recommend this!



Kerri

★★★★★ A very enjoyable read!

Reviewed in the United States on June 23, 2020

Z-isms kept me interested from start to finish! I've gathered a number of take-aways that I will be keeping in mind going forward. I also loved how conversational the book was. I highly recommend this book if you're looking into self-care. So good!



Andrea

★★★★★ A great book. I can really relate

Reviewed in the United States on March 14, 2020

Verified Purchase

I really enjoyed this book! Z-isms is a series of circumstances that really made me think. The author writes in a great format that made me feel we were having a deep conversation together. It was a quick read and I wanted more.



Alyssa Murray

★★★★★ This book really is something to live by

Reviewed in the United States on March 12, 2020

Verified Purchase

Z-isms is a great book and even seemed to surpass my expectations. As a current college student, I am constantly busy and stressed. Z-isms helps me get through each day and is easy to picture myself in the authors shoes. I think it is very important to learn how to live the most efficient life as possible, and Matt Zinman made it much more possible for me and anyone else who has read this book. It is a quick and easy read, as well as easy to apply it in my own life. Highly recommended!



Jerry M

★★★★★ Must-Have book on life lessons, indelible principles, and unique insights

Reviewed in the United States on March 28, 2020

Verified Purchase

Matt Zinman's Z-isms is an invaluable book of life lessons, principles, and situational advice, offered by way of personal anecdotes, insightful parables, and concrete examples that make them resonate.

Starting with a foundational concept of Earned Confidence, a concept for taking into consideration the successful and reassuring experiences of your past, and moving through a plethora of maxims, such as how to avoid getting trapped by "spiders," those pesky influencers that seem to enjoy ensnaring others in their web of negativity, the book offers sage advise that can help anyone adapt to common dilemmas and situations.

Advice on how to prevent or minimize the chances of issues occurring, understanding what drives our moods, and being aware of our perceptions is particularly useful, as are the mind/body insights, such as managing our energy and being a life athlete. Tips on recognizing and seizing opportunities, and on the power of gratitude really rang true with me as well.

This is the kind of book that should be a foundation for a "life lessons" curriculum in schools, something I've always felt should be mandatory. I highly recommend this as a great set of insights for applying to your daily life and as an attitude kick-starter.