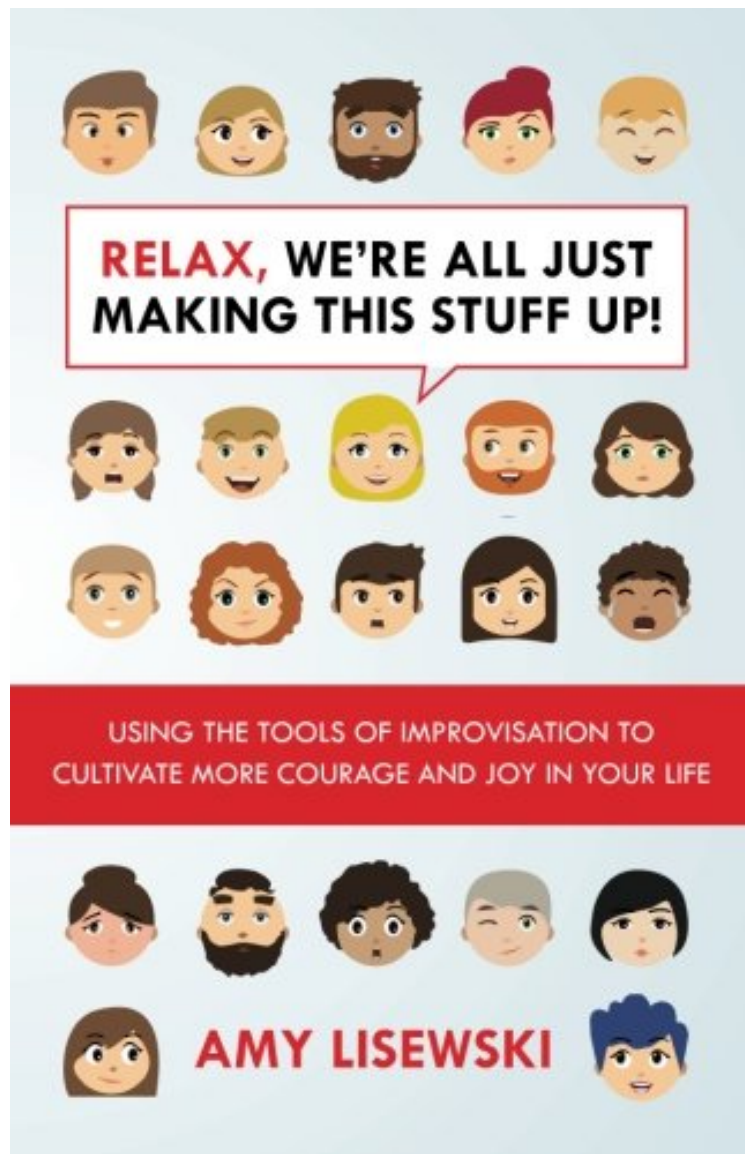


[Download] Relax, We're All Just Making This Stuff Up!: Using the tools of improvisation to cultivate more courage and joy in your life

Relax, We're All Just Making This Stuff Up!: Using the tools of improvisation to cultivate more courage and joy in your life

Amy Lisewski

*Download PDF / ePub / DOC / audiobook / ebooks



[Download](#)

[Read Online](#)

#1462907 in Books Lisewski Amy 2016-07-24Original language:English 8.50 x .31 x 5.50l, .37 #File Name: 0997703008136 pagesRelax We re All Just Making This Stuff Up Using the Tools of Improvisation to Cultivate More Courage and Joy in Your Life | File size: 73.Mb

Amy Lisewski : Relax, We're All Just Making This Stuff Up!: Using the tools of improvisation to cultivate more courage and joy in your life before purchasing it in order to gage whether or not it would be worth my time, and all praised Relax, We're All Just Making This Stuff Up!: Using the tools of improvisation to cultivate more courage and

joy in your life:

0 of 0 people found the following review helpful. More awareness = more joy!By Andy RobinsonI've been improvising for a few years now so I don't need to be convinced how powerful the basic premises of this art form are. I've seen them at work, onstage and in life. That said, this is a terrific book. The first chapter alone is worth the price - seriously, what a great real-life instance of what can happen by making the simplest effort to accept and find agreement with whatever is happening in the current moment. I also love that the author included the "maybe" story. I won't describe or tell the story, but I will say it's a wonderful example of how improvisation and the basic premise of Buddhism "hold hands." It's all about paying attention. The games and exercise in the book will help you discover how to do that a little better, in a very enjoyable way. Wonderful stuff!0 of 0 people found the following review helpful. Relax, you will be fine... I know the owner of the clubBy Kyle SwaffordI know the author. So reading her book made it much more enjoyable. And I know some of the people mentioned in the book which was an added treat. Many of the faces on the cover are based on real actors. This book is a very light read, yet some of the concepts are deep allowing for more joy to be discovered in our lives. I love the construction of the book too. The cover is vibrant and slick. The internal pages are just the right texture and weight (not too gritty, not too smooth). High quality craftsmanship. However, I gave it 4 stars because some parts towards the middle started to drag and become overfamiliar. Whether for Improv or life, this book deserves to be on your bookshelf.0 of 0 people found the following review helpful. Inspiring Book about Saying Yes to LifeBy S. HammonsI bought this book because I'm thinking of trying an improv class, but I got so much out of the book already. The first two chapters especially spoke to me. The first one is about saying "Yes, And..." to life, instead of "Yes, But..." (which generally means NO). I've said "Yes, But..." a lot these past few years, and it's time to start embracing life and my choices again. The second chapter is about creating without editing. That's a hard one! I'm immediately critical of my creations, artistic and otherwise, so that chapter was very helpful to me. I recommend this book whether you want to try improv or just want some tools for creating more joy in your life.

What if I told you that you would be happier and more confident if you planned less and made stuff up more? The tools improvisers use to create wonderful—and often hilarious—scenes on stage are easily transferred off the stage and into real life. These tools have changed my life completely, and I want to share that with you. In this book, you'll find some of our favorite improv exercises as well as real-life examples of how our students' mind-sets and lives have grown and become ultimately fulfilling through practicing improvisation. This book was not written for natural-born performers, comedians, or people with "talent." It's for everyone, including introverts like you and me. (Yes, I'm an introvert at heart.) If we aren't happy with our lives, not much else matters. I want to see you living the life you are meant to live, now. I want you to experience true happiness; and practicing improvisation is the most enjoyable, and fun, way to get there.

If you've been hungry to connect with your true calling but aren't sure how to start on that journey, this book should go straight to the top of your reading list. Amy showed me how to say "YES! And . . ." to all the good I had already created by helping heart-centered entrepreneurs sell their services without being salesy AND stay open to discovering my even bigger mission that is driving that. As Amy teaches . . . "always add!" And adding the teachings in this book to your success tool box is a winning move!"