



Improv Wisdom: Don't Prepare, Just Show Up

By Patricia Ryan Madson

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Improv Wisdom: Don't Prepare, Just Show Up By Patricia Ryan Madson

In an irresistible invitation to lighten up, look around, and live an unscripted life, a master of the art of improvisation explains how to adopt the attitudes and techniques used by generations of musicians and actors.

Let's face it: Life is something we all make up as we go along. No matter how carefully we formulate a "script," it is bound to change when we interact with people with scripts of their own. *Improv Wisdom* shows how to apply the maxims of improvisational theater to real-life challenges—whether it's dealing with a demanding boss, a tired child, or one of life's never-ending surprises. Patricia Madson distills thirty years of experience into thirteen simple strategies, including "Say Yes," "Start Anywhere," "Face the Facts," and "Make Mistakes, Please," helping readers to loosen up, think on their feet, and take on everything life has to offer with skill, chutzpah, and a sense of humor.

From the Hardcover edition.

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Improv Wisdom: Don't Prepare, Just Show Up By Patricia Ryan Madson Bibliography

- Sales Rank: #83737 in eBooks
- Published on: 2010-03-16
- Released on: 2010-03-24
- Format: Kindle eBook

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Editorial Review

From Publishers Weekly

Starred Review. Drama teacher turned self-help advisor Madson learned the hard way that playing by the rules doesn't always mean you win—despite doing all the right things, she was denied tenure in the job of her dreams. The acting teacher learned to jettison the script and improvise her life—and she ended up teaching at a much better university: Stanford. If you improvise, she says, you "will make more mistakes" but you'll also "laugh more often, and have some adventures." Here she offers 13 maxims to guide the fledgling improviser. "Say yes" with the ecstasy of Molly Bloom: it will open up new worlds. "Don't prepare": in focusing on the future, you might miss the present. "Start anywhere": take any entry into a problem, and once you get inside you'll have a better perspective. Madson offers little exercises drawn from improv acting that are easy and eye-opening, such as look at a familiar environment and notice something new in it. Or make a list of important places in your life, put down the book and just go to one of them. Madson's prose radiates the joy of living, the pleasure she has found in taking things as they come. Most self-help books offer a forced sense of inspiration; Madson is genuinely inspiring. "Say yes" to this book.

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Review

"A marvelous guide to freedom and delight. Improv has become a wisdom tradition of its own and Patricia shows how its lessons can bring out the best in us." —John Tarrant, author of *Bring Me the Rhinoceros*

"Patricia Ryan Madson is one of Stanford's truly inspired teachers; she has changed the lives of thousands of students over the past twenty-eight years. In her smiling book, *Improv Wisdom*, she reminds us that being alive is like riding a bicycle—we always feel a little off-balance and insecure, but 'in the act of balancing we come alive.' She makes you want to get up and do something—try it out, make mistakes, laugh, play, and try it again." —Charles Junkerman, Associate Provost and Dean of Continuing Studies, Stanford University

"Reading even just a few pages of Patricia Madson's book might change your life forever. That's what has happened to me. These pages are chock-full of wisdom, clarity, and helpful techniques on enhancing spontaneity in everyday life. Read this book—you will be glad and so will everyone else in your life." —Nina Wise, author of *A Big New Free Happy Unusual Life*

"I have witnessed Patricia Madson's magic touch in both her classes and her performances. Her students often describe her as a 'goddess,' but that may be an understatement. I rejoice that her wisdom is now available to new audiences." —Philip G. Zimbardo, author of *Psychology and Life* and *Shyness*

"The premise of Patricia Madson's book is astonishing: to practice the basic rules of improvisational theater is to walk a path toward a spiritually satisfying life. Her underlying claim is simple and sound: if you are willing to be completely present, making full use of whatever happens, you will find goodness in any situation. This is a lucid, wise, and free-spirited book.…"

From the Inside Flap

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Users Review

From reader reviews:

Jean McFerren:

Nowadays reading books become more and more than want or need but also be a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The details you get based on what kind of reserve you read, if you want attract knowledge just go with education and learning books but if you want experience happy read one using theme for entertaining for instance comic or novel. Often the Improv Wisdom: Don't Prepare, Just Show Up is kind of guide which is giving the reader unstable experience.

Valerie Orbison:

Spent a free time for you to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Might be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to test look for book, may be the guide untitled Improv Wisdom: Don't Prepare, Just Show Up can be great book to read. May be it may be best activity to you.

John Dumas:

Often the book Improv Wisdom: Don't Prepare, Just Show Up has a lot info on it. So when you read this book you can get a lot of gain. The book was published by the very famous author. Tom makes some research before write this book. This book very easy to read you can get the point easily after perusing this book.

Patricia Ramirez:

People live in this new day time of lifestyle always aim to and must have the spare time or they will get large amount of stress from both lifestyle and work. So , if we ask do people have time, we will say absolutely yes. People is human not a robot. Then we request again, what kind of activity have you got when the spare time coming to you of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative within spending your spare time, the actual book you have read is Improv Wisdom: Don't Prepare, Just Show Up.

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