

Taking Improvisation from the stage and into life

Friday 19 June, 2015

[Easy: Your LIFE PASS to Creativity and Confidence](#) – a new book by Paul Z Jackson

We all improvise every day. *Easy* shows us how we can do it better by borrowing tips and principles from the art of improvisation.

If you ever need to present yourself more confidently, be more creative or work better in a team, there is an easy way that you can access here.

By responding skillfully to what's around us, we can adapt to change and lead others more effectively, which is why the ideas in *Easy* are now applied increasingly in the world's most innovative and successful organisations.

Easy reveals the playful nature of Improvisation, used by jazz musicians, comedy acts and made famous by Chicago's Second City and shows such as *Whose Line Is It Anyway*, yet readily available to any of us for everyday use in our home and work lives.

The book gets to the heart of what's distinctive and important about improvisation, introducing the LIFE PASS principles:

Let Go

Inhabit the Moment

Freedom within Structure

Embrace Uncertainty

Play to Play

Accept and Build

Short Turn Taking

Spot Successes

Readers of *Easy* say the LIFE PASS principles have helped them in life and at work by increasing their confidence and creativity.

"The most important skills in life – resilience, courage and confidence – are directly related to improvisation and all of them are found in *Easy*."

Dr Robert Biswas-Diener, author of *The Upside of Your Dark Side*

"Improvisation is a key to open up our hearts. It reveals the universe of possibilities that you can see, feel, decide and deal with in your life."

Isolde Fischer

"Humanitarian work is becoming impossibly demanding. It seems too difficult to absorb and process changing threats. How can we rapidly think and act under so much pressure and uncertainty? It is actually doable and enjoyable, if you embrace applied improvisation - shared so eloquently and accessibly by Paul Z Jackson in '*Easy*'. I recommend this book to all who aim to facilitate processes of learning and dialogue in a way that is both serious and fun."

Pablo Suarez, Associate director for research and innovation, Red Cross Red Crescent Climate Centre

"The book's concept - to use improvisation for business and LIFE - is inspired and important." Patricia Ryan Madson, author *Improv Wisdom*

Media:

EASY
YOUR LIFE PASS TO
CREATIVITY AND CONFIDENCE



The most important skills in life - resilience, courage, and confidence - are directly related to improvisation and all of them are found in Easy!
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PAUL Z JACKSON



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Related Keywords:

Leadership :: Creativity :: Confidence :: Collaboration :: Innovation :: Improvisation :: Teamwork :: Positive Psychology :: Communication :: Well-Being ::

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The book comes with free bonuses of:

21 Games to Make Life Easy – a facilitator's guide for workshops and training sessions

Audio download of 'Right Here, Right Now' – a short visualization to get you present in time and space

You can participate in improvisation activities yourself when Paul hosts an intensive [Improvisation for Life & at Work Course](#) from 10–14 August 2015 at The Poor School, Kings Cross, London.

Paul Z Jackson has been teaching improvisation for more than twenty years and is President of the [Applied Improvisation Network \(AIN\)](#). He has taught improvisation to actors and comedians, notably Rob Brydon and Ruth Jones, and is director of [The Improvisation Academy](#) with Neil Mullarkey and Lee Simpson from the Comedy Store Players.

Based in St Albans, UK, he is author of *58½ ways to improvise in training* and *Impro Learning* and co-author of *The Solutions Focus- Making Coaching and Change SIMPLE* and *Positively Speaking – the art of constructive conversations*.

Easy: Your LIFE PASS to Creativity and Confidence can be downloaded now from [Amazon](#) and will soon be published in paperback.

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For additional details visit www.easythebook.com

Contact: phone: (01727) 843820 | email paul@impro.org.uk | 34a Clarence Road, St Albans, AL1 4NG

Company Contact:

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The Improvisation Academy

T. 07973953586

E. improvisationacademy@gmail.com

W. <http://www.improvisationacademy.co.uk>

Additional Contact(s):

paul@impro.org.uk

[View Online](#)

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