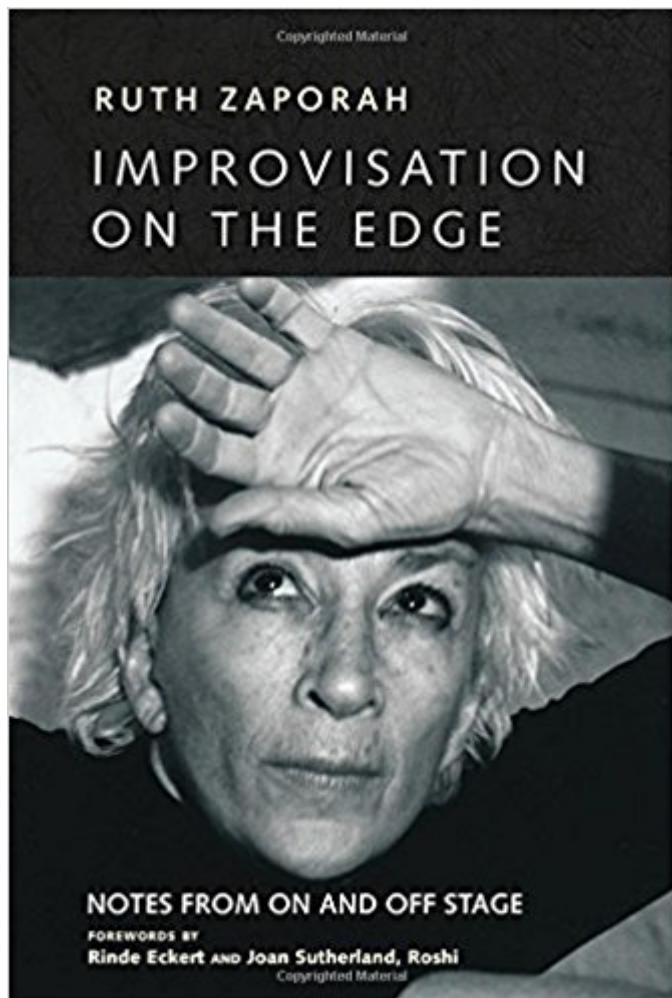


The book was found

# Improvisation On The Edge: Notes From On And Off Stage



## Synopsis

Directed not only toward actors, dancers, and other performing artists who draw upon improvisation as part of their craft, this Zen-infused memoir of a life lived creatively will pique the interest of anyone in search of liberation from self-limiting concepts. What does it mean to live in a body? What does it mean to improvise? Do we wonder whether we're capable of improvisingâ "to make up things as we go, step into the unknown, take a risk that changes our notion of ourselves and the world? Author Ruth Zaporah has been a professional physical theater performer, writer, director, and teacher for forty years. Early on she realized that with a shift of perception, every moment of an improvisation holds both the familiar and the utterly new. With the same shift, so does every moment of life; every moment holds both the known and the unknown. And, as Zaporah says, "The body leads the way in this book. In each chapter the world is experienced by it and of it. It is the body that adds richness, wildness, and grace. The body invokes images and feelings. It is the body that imagines." Improvisation on the Edge recounts events from Zaporah's life such as improvisational shows in the war zones of Sarajevo and Kosovo; apprenticing with a Huichol medicine woman from Chiapas, Mexico; understanding the concept of "practice" while on a beach; a bus ride in Cuba; a car ride in Estonia; the intricacies of onstage collaborations. Interspersed are chapters about awareness, listening, adapting, resiliency, time, space, silence, simplicityâ "all within the context of everyday life in the body. In several other chapters, Ruth writes from the logical (and nonlinear) voice of the improviser as she is on stage, within the immediate embodied process. A fascinating glimpse into the mind of an artist and true master of improvisation, this book will appeal to performers, teachers, and anyone who has ever needed to "wing it" with confidence and grace.

Table of Contents  
1. Something That Needs Listening To  
2. Mirror Mirror  
3. On My Wall  
4. Tutu Solitude  
5. A Mind in Three Episodes  
6. A Splish Splash Orchestra  
7. A Take on Talk  
8. Bobby's River  
9. Roar  
10. Meet Yourself Babe  
11. Nuts and Bolts  
12. Out of Chaos  
13. Changing Course  
14. The Flying Shaman  
15. You Could Say Death  
16. Ain't It The Truth  
17. The Raging Boomerang  
18. See This Feel That  
19. Stalking War  
20. Your Mother Just Died  
Christina, Leave the Backdoor Open  
21. The Illusive Gesture  
22. A Pack of Lies  
23. Again Gun and Boys  
24. A Ride in Estonia  
25. Art and Heart  
26. Floating to the Surface  
27. Stuffed With Junk  
28. A Chair in Cuba  
29. Any Where Practice  
30 Teacher Says  
31. Older and Under

## Book Information

Paperback: 160 pages

Publisher: North Atlantic Books; 1st edition (September 2, 2014)

Language: English

ISBN-10: 1583948430

ISBN-13: 978-1583948439

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ  (3 customer reviews)

Best Sellers Rank: #665,908 in Books (See Top 100 in Books) #129 inÂ  Books > Biographies & Memoirs > Arts & Literature > Dancers #798 inÂ  Books > Arts & Photography > Performing Arts > Theater > Acting & Auditioning #1722 inÂ  Books > Self-Help > Creativity

## Customer Reviews

An essential book for anyone interested in improvisation, performance or simply living with more zest and attention. Ruth Zaporah is a master teacher on the page, as she's been in dance and acting studios around the world for decades. Her stories -- ranging from experiments in Shamanism, to shaking off the awkwardness of childhood with dance, to visiting far flung, war torn places as a performer -- are beautifully and dramatically told and also ultimately add up to much more than a series of vignettes. This book is an eloquent, poetic but grounded and detailed vision into what it means to truly live inside each day, each hour, each moment with a lively, curious awareness. Every story or essay is an opportunity for Zaporah to do what she does best, tackle the big questions. She deftly, gently invites us think about who we are and the fluid nature of identity. And, together with readers, she finds joy in the infinite answers to those questions. A pleasure to read, and read and read again.

Ruth is one of the most talented improvisors I have ever met and an amazing teacher. Her teachings are essential for any one who wants to learn and practice improvisation, and any human being seeking a place for the big questions about life. I recommend this read wholeheartedly!

Highly recommended! A beautiful, honest, eloquent and graceful assemblage of anecdotes, of stories, of perspectives by one of the world's most talented improvisors -- this book is a gem, a resource, an inspiration, a gift!

[Download to continue reading...](#)

Improvisation On the Edge: Notes from On and Off Stage Approaching the Standards, Vol. 1: Bb (Jazz Improvisation) (Jazz Improvisation Series) Stage Fright and Performance Anxiety: An

Essential Guide to Staying Calm and Focused Under Pressure - ( How to Overcome Stage Fright and Performance Anxiety ) Stage and Screen Hairstyles: A Practical Reference for Actors, Models, Makeup Artists, Photographers, Stage Managers, and Directors The Back Stage Guide to Stage Management, 3rd Edition: Traditional and New Methods for Running a Show from First Rehearsal to Last Performance A Survival Guide for Stage Managers: A Practical Step-By-Step Handbook to Stage Management Raising a Healthy, Happy Eater: A Parent's Handbook: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating Small Stage Sets on Tour: A Practical Guide to Portable Stage Sets The Care and Feeding of a Dancer: What You Need to Know On and Off the Stage Galaxy S7: The Ultimate User Guide - Learn How To Master Galaxy S7 And Galaxy S7 Edge, Plus Advanced Tips And Secrets! (S7 Edge, Android, Smartphone) Nightmare's Edge (Echoes from the Edge) The Edge of the Light (The Edge of Nowhere) Atlas of Percutaneous Edge-to-Edge Mitral Valve Repair Law of Attraction Directly from Source: Leading Edge Thought, Leading Edge Music How to Ride Off-Road Motorcycles: Key Skills and Advanced Training for All Off-Road, Motocross, and Dual-Sport Riders 'Knock Their Socks Off': With the Interviewing Edge Trump 2016: Off-Color Coloring Book (Off-Color Coloring Books) Oxford Take Off In French (Take Off In Series) Reuse of Off-the-Shelf Components: 9th International Conference on Software Reuse, ICSR 2006, Torino, Italy, June 12-15, 2006, Proceedings (Lecture Notes in Computer Science) Spurgeon's Sermon Notes: Over 250 Sermons Including Notes, Commentary and Illustrations

[Dmca](#)