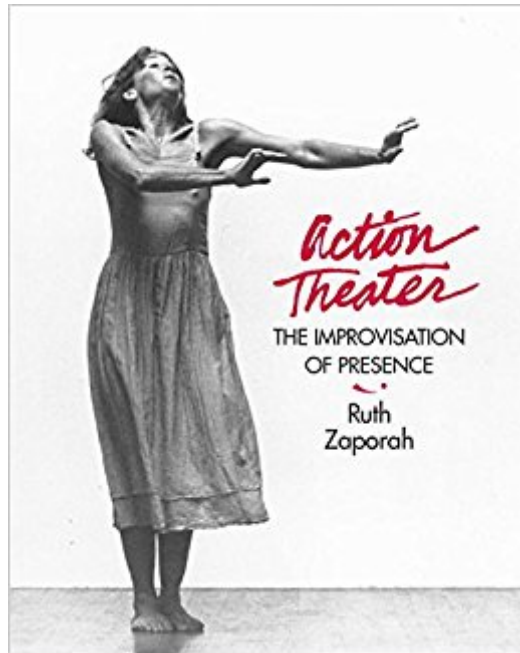




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Action Theater: The Improvisation Of Presence



Synopsis

Each chapter of this book presents a single day of the twenty-day training which Ruth Zaporah developed into Action Theater, her investigation into the life-reflecting process of improvisation. This book shows through exercises, stories, anecdotes, and metaphors how to focus attention on the body's awareness of the present moment, moving away from preconceived ideas. Improvisations move through fear, boredom, laziness, and distraction to a sustained awareness of creative options.

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Customer Reviews

"Action Theater is a true path to liberation: from self-binding and limiting concepts, from fear and mistrust. Working within the framework of Ruth's instructions, we can practice being spontaneously alive in a world that has not already been formed, where no script exists."- Edward Espe Brown, Zen teacher and author of The Tassajara Bread Book"Improvisation by its very nature is impossible to capture in words. There are few competent practitioners left in this cynical materialistic era. The need for "winging it" both on and off stage, of going out on a limb, "suspending disbelief," is of supreme importance particularly at this time. This is the value and healing property of improvisation, whether you're an artist or a business person. Ruth Zaporah is a master of this elusive and transformative art form. At last, after all these years we have a compendium of her exercises. This is a book of spells for your enchantment."-John O'Keefe, playwright and actor, founding member, Blake Street Hawkeyes"Those of us lucky enough to see Ruth Zaporah perform have anticipated this book with great eagerness. How has this genius of authenticity, this brilliance of spontaneity

come into being? How does she do it? As countless students will tell you, Ruth Zaporah has been leading students in the direction of what she knows for a long time; she is an extraordinary teacher. And now, in a simple and wonderfully evocative telling, she has given us a record of how her work and its teaching takes place. This book will very soon become an indispensable classic, not only for studies in theater, but also in the nature of life."-Susan Griffin, author of *A Chorus of Stones* and *The Eros of Everyday Life*

Each chapter of this book presents a single day of the twenty-day training which Ruth Zaporah developed into Action Theater, her investigation into the life-reflecting process of improvisation. This book shows through exercises, stories, anecdotes, and metaphors how to focus attention on the body's awareness of the present moment, moving away from preconceived ideas. Improvisations move through fear, boredom, laziness, and distraction to a sustained awareness of creative options.

Great book. I've dog marked it so many times. Classic!

This is a fantastic book. If you are considering it for whatever reason, get it. The possibilities are endless and it's very user friendly.

I am doing research on Improvisation activities, and I find this to be one of the best, most straightforward translations into the subtle world of improv. I am looking for material to teach a class and this book makes it so easy. It is basically a 20 day workshop, and each chapter breaks down a day into activities. It describes the rules, and then gives commentary on what you might focus on, or see in those trying it out. Extremely helpful reading on the journey to making an improv class!

I knew I'd love this book at the description, but that may be bias as I love improvisation. At first scan I see that a college instructor of mine used the book front to back for a class of mine - and good choice, as I loved all the things we did in that class! Taking an improv class can be a risky thing if you get a bad teacher. Ruth knows her practice in and out, and knows all the important stuff to cover - including dealing with emotional issues. She also communicates the exercises very sweetly and clearly. As a teacher, it's nice to have meditations written out so you don't have to think on the spot and still come across calmly and clearly. So if you're taking a class or teaching a class or aren't sure yet if you want to do either - get this book, and you'll have an intimate understanding of the form and lots of fun!

Unforgettable. This book is destined to become a classic. Ruth Zaporah is a master storyteller who doesn't so much "teach" improvisation as learn it with you. Based upon her experiences as a dancer and a dance teacher, her "Action Theater" system takes you through twenty stages of self-exploration that examine form, movement, and breath, among other things. As an artist, I appreciate Zaporah's ability to use her medium as a means of cutting through to the deeper levels of spiritual significance. This book is a must read for anyone who is interested in the creative process.

I used this book to infuse some improvisation into my modern technique class and the results were extraordinary. The students made profound discoveries about themselves, how they move and what they feel comfortable with and why... Zaporah's exercises are smart and well-framed. They are easy to understand, both simple & complex, and contain a wealth of possibility for play.

Heard Ms. Zaporah on University of New Mexico's KUNM's (radio) Womens' News (2006). She sounded fun. Her book provides exercises, mostly for groups, for expanding mindfulness and developing abilities to handle risk and change.

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