



Improv Manifesto: 7 Easy Steps to Confidence, Creativity, and Charisma - Even If You're Shy! (Think on Your Feet Under Pressure: Tools from Improvisational Theater and Improv Comedy.) (Paperback)

By Chad Elliot

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you want to improve your life, this may be the most important book you'll ever read! It's called *Improv Manifesto: 7 Easy Steps to Confidence, Creativity, and Charisma - Even If You're Shy!* Learn to think on your feet under pressure with tools from improvisational theater and improv comedy. Written by the founder of Seattle Improv Classes, Chad Elliot (The Confidence Doctor.) You'll learn secrets and skills to unleash your ability to think-on-your-feet under pressure, become a more confident communicator, gain ease and confidence meeting new people, and regain the creativity and joy you had as a child. Even if you never thought you could! While many people think of improv as just comedy, most people don't learn improv to become comedians or actors - they do it to make their lives better. People study improv to gain people skills, overcome fears, learn to think on their feet, and become confident. It's a form of self-help that can take you from feelings of anxiety to a general sense of confidence and ease....



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