



Improvisation on the Edge: Notes from on and Off Stage

By Ruth Zaporah

North Atlantic Books. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. 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 are capable of improvising 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...

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