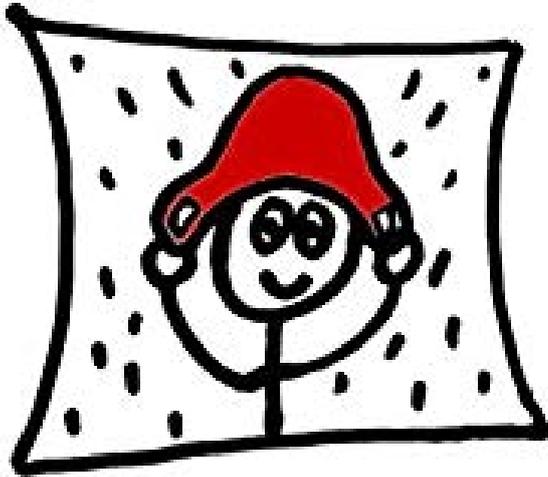


Easy: Your LIFE PASS to Creativity and Confidence

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"

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

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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 takes Improvisation from the stage and into everyday life. It reveals the playful nature of Improvisation, used by jazz musicians, comedy acts and made famous Chicago's Second City and shows such as *Whose Line Is It Anyway*, yet readily available to any of us to apply at will 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* The book comes with free bonus downloads: 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.