

Introduction

We live in a world where there are books and more books, (did I mention more books?), magazines galore, and a variety of TV programs like Oprah all aimed at helping us, as in Oprah's words, "live our best life". Obviously we are living in a time, when we are looking for answers, and people are sharing their stories. This is one of mine.

I have been seeking answers as to how to live a life that I love for as long as I can remember, but it was when I took my first improv class, that my progress on this journey really accelerated. What I learned in those classes opened me to entirely new ways of thinking which ultimately helped me to finally believe in myself, especially as an artist.

You could say I have always had a voice – just ask my friends and family! Along with the multitude of questions in my head at any given time, I am a person with many thoughts, opinions and theories. When surrounded by those closest to me, I had no problem expressing these thoughts. Put me among strangers or in a large public setting and I was hesitant, often very intimidated to say much of anything. It was through acting, especially comedic acting, that I became comfortable with letting my voice be heard on a larger scale. The fact that you are reading this is now proof of that.

My intent, with adding one more book into the mix, is to share my story and impression of the rules of Improv; to introduce you to a new outlook on this mystery called "life" with the hopes that it will inspire you as much as it inspired me.