

## **Books about Improv, Applied Improvisation and Related Topics**

A list of resources compiled by Kay Ross, an improviser and Applied Improvisation facilitator in Hong Kong

August 12, 2023

Please feel free to share this list, with credit to me.

This is a list of books I've read, or want to read, about improv, Applied Improvisation, creativity, play, facilitation... I don't get a commission if you buy one of them. Entries are in alphabetical order of author/source.

Disclaimer: This is not an exhaustive list of every book ever published on the above topics; it's just a list of books I've read, heard about or come across in my travels. Some of them are not explicitly about improv or Applied Improvisation, but I think they're relevant.

Please contact me if you'd like me to make a correction to an item or add an item to this list – my contact details are at the bottom of the list.

If you search for any book on Amazon, you'll see a list of related "Customers Who Bought This Item Also Bought" books.

If you click on a link in this list and find that it doesn't work, sorry! Just copy and paste the link into your browser, or search online for the title.

Scroll down for categories:

Books

Books for people interested in improv for activism, suggested by Joey Novick

Booklists compiled by other people

Magazines

Facebook Groups

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## **Books**

"The Improvisation Book: How to Conduct Successful Improvisation Sessions" by John Abbott

<https://www.amazon.com/Improvisation-Book-Conduct-Successful-Sessions/dp/1854599615>

"How to Improvise a Full-Length Play: The Art of Spontaneous Theater" by Kenn Adams

<https://www.amazon.com/gp/product/1581154933>

“No Mistakes - A workbook for imperfect artists” by Keiko Agena (artist/actor/improviser)  
“An inspiring creative journal based on mindfulness practices and the “no mistakes” principles of improv...”

<https://www.amazon.com/gp/product/0143131788>

“If I Understood You, Would I Have This Look On My Face?” by Alan Alda

<https://www.amazon.com/Understood-Would-Have-This-Look/dp/0812989147/>

“Teaching Social Skills through Sketch Comedy and Improv Games - a Social Theatre™ Approach for Kids and Teens including those with ASD, ADHD, and Anxiety.” by Shawn Amador

<https://www.amazon.com/Teaching-Social-Skills-Through-Sketch/dp/1785928007/>

“Conducting Chaos: A Guide to Teaching Improv to Kids and Teens” by Jessica Arjet

<https://www.amazon.com/Conducting-Chaos-Guide-Teaching-Improv/dp/1950186261>

“An Improvised Life: A Memoir” by Alan Arkin

<https://www.amazon.com/Improvised-Life-Memoir-Alan-Arkin/dp/030681966X/>

“The Complete Improviser” by Bill Arnett

<https://www.amazon.com/gp/product/1483588998/>

“Improv!: A Handbook for the Actor” by Greg Atkins

<https://www.amazon.com/Improv-Handbook-Actor-Greg-Atkins/dp/0435086278>

“Humor, Seriously: Why Humor Is a Secret Weapon in Business and Life (And how anyone can harness it. Even you.)” by Naomi Bagdonas and Connor Diemand-Yauman

<https://www.amazon.com/Humor-Seriously-Secret-Business-harness/dp/0593135288/>

“Teaching Improv: A Practical Guide for Theatre Educators: Revised Edition” by James Thomas Bailey

See the chapter titled “The Skills of Improvisation” – it includes a long list of “what improv teaches”.

<https://www.amazon.com/Teaching-Improv-Practical-Theatre-Educators/dp/1639320814/>

“Improv Made Easier” by Rich Baker

<https://www.amazon.com/Improv-Made-Easier-Rich-Baker/dp/1691906611/>

“On Stage: Theatre Games and Activities for Kids” by Lisa Bany-Winters

<https://www.amazon.com/Stage-Theater-Games-Activities-Kids/dp/1613740735/>

“Funny Bones: Comedy Games and Activities for Kids” by Lisa Bany-Winters

<https://www.amazon.com/Funny-Bones-Comedy-Games-Activities/dp/1556524447/>

“Yes to the Mess: Surprising Leadership Lessons from Jazz” by Frank J. Barrett

<https://www.amazon.com/Yes-Mess-Surprising-Leadership-Lessons/dp/1422161102/>

“Experiential Training - Engaging Icebreakers, Energisers & Games” by Jackie Barrie  
<https://www.amazon.com/Experiential-Speaking-Engaging-Icebreakers-Energisers-ebook/dp/B07TMQNBQLQ/>

“Play, Playfulness, Creativity and Innovation” by Patrick Bateson and Paul Martin  
<https://www.amazon.com/Playfulness-Creativity-Innovation-Patrick-Bateson/dp/1107689341/>

“The Yes And Journal: An Improviser’s Guide to Life” by Matthew Beard (with prompts for journalling exercises)  
<https://www.amazon.com/Yes-Journal-Improvisers-Guide-Life/dp/197810975X/>

“Working With Groups to Enhance Relationships” by Marie-Nathalie Beaudoin and Sue Walden  
<https://www.amazon.com/Working-Enhance-Relationships-Marie-Nathalie-Beaudoin/dp/157025169X/>

“101 Improv Games for Children and Adults” by Bob Bedore  
<https://www.amazon.com/101-Improv-Games-Children-Adults/dp/0897934245/>

“101 More Improv Games for Children and Adults” by Bob Bedore  
<https://www.amazon.com/Improv-Children-Adults-SmartFun-Activity/dp/0897936523/>

“The Culture of Spontaneity: Improvisation and the Arts in Postwar America” by Daniel Belgrad  
<https://www.amazon.com/Culture-Spontaneity-Improvisation-Postwar-America/dp/0226041905/>

“Acting Through Improv: Improv Through Theatresports” by Lynda Belt and Rebecca Stockley  
<https://www.amazon.com/Acting-Through-Improv-Theatresports/dp/0962079952/>

“Inside Improvisation: The Science Behind Theatrical Improvisation and How To Get Better” by Richard Bennett  
<https://www.amazon.com/Inside-Improvisation-Science-Behind-Theatrical/dp/0648369803/>

“A More Beautiful Question: The Power of Inquiry to Spark Breakthrough Ideas” by Warren Berger  
<https://www.amazon.com/More-Beautiful-Question-Inquiry-Breakthrough/dp/1632861054/>

“The Book of Beautiful Questions: The Powerful Questions That Will Help You Decide, Create, Connect, and Lead” by Warren Berger

<https://www.amazon.com/Book-Beautiful-Questions-Powerful-Connect/dp/1632869578/>

“Improvise This!: How to Think on Your Feet so You Don’t Fall on Your Face” by Mark Bergren and Molly Cox

<https://www.amazon.com/Improvise-This-Think-Your-Feet/dp/0786867744/>

“Jill Bernard’s Small Cute Book of Improv” by Jill Bernard

<http://jillbernard.blogspot.hk/2008/06/jill-bernards-small-cute-book-of-improv.html>

“Jill & Patrick’s Small Book of Improv For Business” by Jill Bernard and Patrick Short

<https://www.lulu.com/shop/patrick-short-and-jill-bernard/jill-patricks-small-book-of-improv-for-business/paperback/product-20204077.html>

“The Routledge Handbook of Philosophy and Improvisation in the Arts” edited by Alessandro Bertinetto and Marcello Ruta

<https://www.routledge.com/The-Routledge-Handbook-of-Philosophy-and-Improvisation-in-the-Arts/Bertinetto-Ruta/p/book/9780367203641>

“Upright Citizens Brigade Comedy Improvisation Manual” by Matt Besser, Ian Roberts and Matt Walsh

<https://www.amazon.com/Upright-Citizens-Brigade-Comedy-Improvisation/dp/0989387801/>

“The Book of Road-Tested Activities” edited by Elaine Biech

<https://www.amazon.com/Book-Road-Tested-Activities-Elaine-Biech/dp/0470905441/>

“Yes And... Your Mental Agility: The added value of improvisation in organizations” by Gijs van Bilsen, Joost Kadijk, Cyriel Kortleven and Sue Walden

<https://www.amazon.com/Your-Mental-Agility-improvisation-organizations/dp/9081950622/>

“The Principles of Comedy Improv: Truths, Tales, and How to Improvise” by Tom Blank

<https://www.amazon.com/Principles-Comedy-Improv-Truths-Improvise/dp/1609388852/>

“Interactive and Improvisational Drama: Varieties of Applied Theatre and Performance” by Adam Blatner

<https://www.amazon.com/Interactive-Improvisational-Drama-Varieties-Performance/dp/0595417507/>

“Action Explorations: Using Psychodramatic Methods in Non-Therapeutic Settings” edited by Adam Blatner. Twenty-four authors describe how they use Action Explorations (techniques from traditional psychodrama) for a wide range of uses, from business coaching to education to personal growth.

<https://www.amazon.com/Action-Explorations-Psychodramatic-Non-Therapeutic-Settings/dp/1733552006/>

“The art of play: helping adults reclaim imagination and spontaneity” by Adam Blatner and Allee Blatner

<https://www.amazon.com/Art-Play-Helping-Imagination-Spontaneity/dp/0876308442/>

“Games for Actors and Non-Actors” by Augusto Boal

<https://www.amazon.com/Games-Actors-Non-Actors-Augusto-Boal/dp/0415267080/>

“Theatre of the Oppressed” by Augusto Boal, translated by Charles A. McBride

<https://www.amazon.com/Theatre-Oppressed-Augusto-Boal/dp/0930452496/>

“The Rainbow of Desire: The Boal Method of Theatre and Therapy” by Augusto Boal

<https://www.amazon.com/Rainbow-Desire-Method-Theatre-Therapy/dp/0415103495/>

“Play Anything: The Pleasure of Limits, the Uses of Boredom, and the Secret of Games” by Ian Bogost

<https://www.amazon.com/dp/0465051723/>

“GameChangers - Improvisation for Business in the Networked World” by Mike Bonifer

<https://www.amazon.com/GameChangers-Improvisation-Business-Networked-World/dp/B000YD6WYQ/>

“The Revolution Will Be Hilarious: Comedy for Social Change and Civic Power” by Caty Borum

It addresses the questions “What role does comedy play in helping communities engage the public with challenging social issues? How do social justice organizations and comedians co-create entertaining comedy designed to build the civic power of marginalized groups? And how are entertainment industry leaders working with social justice organizations to launch new comedy as both entertainment and inspiration for social change?”

<https://www.amazon.com/Revolution-Will-Be-Hilarious-Postmillennial/dp/1479810835/>

“Inside the Box: A Proven System of Creativity for Breakthrough Results” by Drew Boyd and Jacob Goldenberg

<https://www.amazon.com/Inside-Box-Creativity-Breakthrough-Results/dp/1451659296/>

“Handbook of Recreational Games – How To Play More Than 300 Childrens Games” by Neva L. Boyd [Yes, with no apostrophe in “Childrens”. Kay]

<https://www.amazon.com/Handbook-Recreational-Games-Neva-Boyd/dp/0486232042/>

“Medical Improv: A New Way to Improve Communication!” by Beth Boynton

<https://www.amazon.com/Medical-Improv-New-Improve-Communication/dp/1542360471/>

“Teaching Theatre Online – Step-by-step lesson plans for virtual theatre camps and classes” e-book by Amanda Broadfoot. There’s a free sample chapter with info on

teaching via Zoom and how to do virtual performances.

<http://www.bbbpress.com/teaching-theatre-online/>

“Suddenly Stardust: A Memoir (of Sorts) About Fear, Freedom & Improv” by Joanne Brokaw

<https://www.amazon.com/Suddenly-Stardust-Memoir-Freedom-Improv/dp/1948679485/>

“Think on Your Feet: Tips and Tricks to Improve Your Impromptu Communication Skills on the Job” by Jen Oleniczak Brown

From the Amazon blurb: “The great thing is, improv isn’t about winging it or flying by the seat of your pants; improv at its core is about listening and responding. It’s based on rules and techniques, and it taps directly into your soft communication skills.”

<https://www.amazon.com/Think-Your-Feet-Impromptu-Communication/dp/1260457036>

“Idea Magnets – 7 Strategies for Cultivating & Attracting Creative Business Leaders” by Mike Brown

<https://www.amazon.com/dp/B07FFZGML4/>

“Competing on the Edge: Strategy as Structured Chaos” by Shona L. Brown and Kathleen M. Eisenhardt

<https://www.amazon.com/Competing-Edge-Strategy-Structured-Chaos/dp/0875847544/>

“Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul” by Stuart Brown

Excerpt: “The ability to play is critical not only to being happy, but also to sustaining social relationships and being a creative, innovative person.”

<https://www.amazon.com/Play-Shapes-Brain-Imagination-Invigorates/dp/1583333789/>

“Listen Up!” by Michael Burns, Livia Armstrong and Kat Koppett – they “explain how improv skills rely on listening and explore how those skills can also apply in the workplace”

<https://www.td.org/Publications/TD-at-Work/2017/Listen-Up>

“Enlivening Instruction with Drama and Improv: A Guide for Second Language and World Language Teachers” by Melisa Cahnmann-Taylor and Kathleen McGovern

<https://www.amazon.com/Enlivening-Instruction-Drama-Improv-Language/dp/0367862964>

“The Improvisation Studies Reader: Spontaneous Acts” edited by Rebecca Caines and Ajay Heble, with chapters by many contributors

<https://www.amazon.com/Improvisation-Studies-Reader-Spontaneous-Acts/dp/0415638712>

“Improv to Improve Healthcare: A System for Creative Problem Solving” by Dr. Candy Campbell

<https://www.amazon.com/Improv-Improve-Healthcare-Creative-Problem-Solving-ebook/dp/B07LDD1N3P/>

“Improv to Improve Your Leadership Team: Tear Down Walls and Build Bridges” by Candy Campbell

<https://www.amazon.com/Improv-Improve-Your-Leadership-Team/dp/1637424280/>

“Aerodynamics of Yes: The Improviser’s Manual” by Christian Capolozzi

<https://www.amazon.com/Aerodynamics-Yes-Improvisers-Christian-Capozzoli/dp/0988226006/>

“Do or Do Not: How to Improvise Like a Jedi” by Mary Carpenter

<https://www.amazon.com/Do-Not-Improvise-Like-Jedi/dp/1733632301>

“Improvising Better: A Guide for the Working Improviser” by Jimmy Carrane and Liz Allen

<https://www.amazon.com/Improvising-Better-Guide-Working-Improviser/dp/0325009422/>

“The Inner Game of Improv: 5 Steps to Getting Bigger in Your Improv Career” by Jimmy Carrane

<https://www.amazon.com/Inner-Game-Improv-Getting-Bigger-ebook/dp/B01694Y1YG/>

“Life Isn’t Everything: Mike Nichols as Remembered by 150 of His Closest Friends” by Ash Carter and Sam Kashner

<https://www.porchlightbooks.com/product/life-isnt-everything.-mike-nichols-as-remembered-by-150-of-his-closest-friends--ash-carter>

and <https://www.amazon.com/Life-Isnt-Everything-Nichols-Remembered/dp/1250112877/>

“Creativity, Inc. – Overcoming the Unseen Forces that Stand in the Way of True Inspiration” by Ed Catmull, President of Pixar Animation and Disney Animation

<https://www.amazon.com/Creativity-Inc-Overcoming-Unseen-Inspiration/dp/0812993012/>

And see my blog post, “Creativity and Improvisation”, about that book. I’ve extracted lots of quotes from the book that I believe show how an improvisational mindset is embedded in the way the people and the company operate (although I think the word “improvise” is used only once in the book). Kay

<https://www.kayross.com/blog/2015/12/29/creativity-and-improvisation/>

“Long-Form Improvisation & the Art of Zen: A Manual For Advanced Performers” by Jason Chin

<https://www.amazon.com/Long-Form-Improvisation-Art-Zen-Performers/dp/0595471986/>



“The 4 Stages of Psychological Safety: Defining the Path to Inclusion and Innovation” by Timothy R. Clark

From the Amazon blurb: “When leaders cultivate psychological safety, teams and organizations progress through four successive stages. First, people feel included and accepted; then they feel safe to learn, contribute, and finally, challenge the status quo.”

[Not explicitly about improv or Applied Improvisation. Kay]

<https://www.amazon.com/Stages-Psychological-Safety-Inclusion-Innovation/dp/1523087684/>

“The Compass: The Improvisational Theatre that Revolutionized American Comedy” by Janet Coleman

Excerpt: “Improvisation, according to Spolin, is ‘showing not telling.’ It is basically nonverbal. It does not emerge from the logical sequence of language, only from the sequence in which objects, the environment, characters, relationships, point of view and personalities appear out of spontaneous interplay.”

<https://www.amazon.com/Compass-Improvisational-Revolutionized-Centennial-Publications/dp/0226113450>

“Improvise: Unorthodox Career Advice from an Unlikely CEO” by Fred Cook

<https://www.amazon.com/Improvise-Unconventional-Career-Advice-Unlikely/dp/1932841822/>

“TWO WORLDS AT THE SAME TIME: Full Spectrum Improvisation For The Theatre and Life” by Joya Cory

[www.joyacory.com](http://www.joyacory.com)

“The Art of Creative Rebellion: How to champion creativity, change culture and save your soul” by John S. Couch

Look inside:

“Can a creative mind thrive in a corporate landscape?

Can a business leader use creativity to guide teams more effectively?”

<https://www.amazon.com/dp/1989025943/>

“Absolutely Everything\*\* You Need to Know about Teaching and Performing Improv” by Trace Crawford

<https://www.amazon.com/Absolutely-Everything-Teaching-Performing-Improv/dp/0692518142/>

“Improv: Enjoy Life and Success with the Power of Yes” by John Cremer

<https://www.amazon.com/Improv-John-Cremer/dp/0955391733>

“Improvising Gender” by Stephen Davidson, about “playing characters of different genders truthfully and convincingly”

<https://impromiscuous.com/product/improvising-gender/>

“Play Like an Ally” by Stephen Davidson, about how and why to improvise inclusively



<https://www.amazon.com/Play-Like-Ally-stephen-davidson-ebook/dp/B082PT7CNR/>

“Drama-based Pedagogy: Activating Learning Across the Curriculum (Theatre in Education)” by Kathryn Dawson and Bridget Kiger Lee

<https://www.amazon.com/Drama-based-Pedagogy-Activating-Curriculum-Education/dp/1783207396/>

“Certain Uncertainty: Leading with Agility and Resilience in an Unpredictable World” by Des Dearlove, about “how to build resilience and agility into our lives and businesses”, and with chapters contributed by thought leaders from the world of business

[I looked at the Contents list and the Index, and saw mentions of “VUCA”, but sadly, none of “improvisation” or “Applied Improvisation”. Kay]

<https://www.wiley.com/en-gb/Certain+Uncertainty:+Leading+with+Agility+and+Resilience+in+an+Unpredictable+World-p-9781394153459>

“One Rule Improv: The Fast, Easy, No Fear Approach to Teaching, Learning and Applying Improv” by Mary DeMichele

<https://www.amazon.com/One-Rule-Improv-Approach-Teaching/dp/0996261311>

“Playful Mindfulness – a joyful journey to everyday confidence, calm, and connectedness” by Ted DesMaisons, exploring the intersection of improv and mindfulness, with instructions for many games

<https://www.amazon.com/Playful-Mindfulness-everyday-confidence-connection/dp/1950373002/>

Or get it for less at [www.playfulmindfulness.info/store](http://www.playfulmindfulness.info/store)

And see the 5-star review on Amazon by me, Kay Ross

<https://www.amazon.com/review/R38P4LKP1IRMYP/>

“Theatre For Living: The Art and Science of Community-Based Dialogue” by David Diamond

<https://www.amazon.com/Theatre-Living-Science-Community-Based-Dialogue/dp/1425124585>

“Power: A User’s Guide” by Julie Diamond

<https://www.amazon.com/Power-Users-Guide-Julie-Diamond/dp/0996660305/>

“Improvise!: Use the Secrets of Improv to Achieve Extraordinary Results at Work” by Max Dickins

<https://www.improvisethebook.com/>

and <https://www.amazon.com/Improvise-Secrets-Achieve-Extraordinary-Results/dp/1785786873/>

“Creative Is a Verb: If You’re Alive, You’re Creative” by Patty Digh

<https://www.amazon.com/Creative-Verb-If-Youre-Alive/dp/1599218836>

“The Creative Sandbox Way: Your Path to a Full-Color Life” by Melissa Dinwiddie  
<https://www.amazon.com/gp/product/0997962615/>  
Or download the first 50 pages for free at <https://melissadinwiddie.com/csw-book/>

“The SIN: Essays on Improv” edited by Hazel Dixon and Steven Davidson, with essays by many contributors. The SIN is a network of international improvisers in Europe that meets twice per year.  
<https://impromiscuous.com/product/the-sin-essays-on-improv/>

“Primed To Perform: How to Build the Highest Performing Cultures Through the Science of Total Motivation” by Neel Doshi and Lindsay McGregor, about the importance of play at work  
<https://www.amazon.com/Primed-Perform-Performing-Cultures-Motivation/dp/0062373986/>

“Theatrical Improvisation, Consciousness, and Cognition” by Clayton D. Drinko, with chapters about the work of Viola Spolin, Del Close and Keith Johnstone  
<http://www.palgrave.com/us/book/9781137335289>

“Play Your Way Sane: 120 Improv-Inspired Exercises to Help You Calm Down, Cheer Up, Stop Spiraling, and Embrace Uncertainty” by Clay Drinko  
<https://www.simonandschuster.com/books/Play-Your-Way-Sane/Clay-Drinko/9781982169220>

“Keith Johnstone: A Critical Biography” by Theresa Robbins Dudeck  
<https://www.amazon.co.uk/Keith-Johnstone-Theresa-Robbins-Dudeck/dp/1408183277/>

“Applied Improvisation: Leading, Collaborating, and Creating Beyond the Theatre” edited by Theresa Robbins Dudeck and Caitlin McClure, with case studies and exercises/activities/games contributed by leading Applied Improvisation practitioners around the world, including members of the Applied Improvisation Network. Their definition: “Applied Improvisation is the umbrella term widely used to denote the application of improvised theatre’s theories, tenets, games, techniques, and exercises beyond conventional theatre spaces, to foster the growth and/or development of flexible structures, new mindsets, and a range of inter and intra-personal skills required in today’s volatile and uncertain world.”

See the Bibliography for lots of books and articles.

<https://www.amazon.com/Applied-Improvisation-Leading-Collaborating-Creating/dp/1350014362/>

And see this video clip: “Applied Improvisation” – a segment from the “Tampa Bay Morning Blend” TV chat show, with guests Theresa Robbins Dudeck and Caitlin McClure (5m 30s)

<https://www.abcactionnews.com/morning-blend/applied-improvisation>

And see their second book, which focuses on Applied Improvisation in the education sector: “The Applied Improvisation Mindset: Tools for Transforming Organizations and Communities” edited by Theresa Robbins Dudeck and Caitlin McClure, with case

studies and exercises/activities/games contributed by leading Applied Improvisation practitioners around the world, including members of the Applied Improvisation Network. See the Bibliography for lots of books and articles.

<https://www.bloomsbury.com/us/applied-improvisation-mindset-9781350143609/>

#### PART ONE: Developing the Leaders We Need

- 1.Improv is the Gym: Presentation Skills and Beyond at H4B's Catapult College - Kat Koppett (arts practitioner, USA)
- 2.The Business School Collaboration Lab: Turning Leader Development Into a Rigorous Experiment in Creative Collaboration - Pamela Burke (Stevens Institute of Technology and Columbia University Teachers College, USA)
- 3.Developing Strategic, Action Oriented, and Mindful Leaders - Petro Janse van Vuuren (University of the Witwatersrand School of Arts, Johannesburg, South Africa)

#### PART TWO: Developing the Youth We Need

- 4.The Improv Project's Detroit Yes, And - Peter Felsman (Stony Brook University, USA) and Tiger Veenstra (arts practitioner, USA)
- 5.Spontaneity in Culturally Sustaining Pedagogy: Valuing the "In-between" and "After" of Applied Improvisation" - Moriah Flagler (The Ohio State University, USA)
- 6.Of Course We Improvise! What the Best Teachers Do (and how they do it) - Nick Sorensen (founder of The Improvising School, UK)

#### PART THREE: Developing the Communities We Need

- 7.Trips to No-Mistakes-Land: Improvisation as a Meta-Skill for Doctoral Students - Gunter Lösel (Zurich University of the Arts, Switzerland)
- 8.Transforming the Culture of Communication in Systems Biology at Harvard Medical School - Raquell Holmes (arts practitioner, USA) and Mia Anderson (arts practitioner, USA)
- 9.Playing Around with Changing the World - Carrie Lobman (Rutgers University, USA) and Marian Rich (arts practitioner, USA)
- 10.The Joy of Dementia - Mary Fridley (East Side Institute, NYC, USA) and Susan Massad (East Side Institute, USA)
- 11.A Funny Thing Happened on the Way to Disaster: Reimagining Learning for the Humanitarian Sector - Barbara Tint (Portland State University, USA) and Bettina Koelle (arts practitioner, South Africa)

#### Appendices

- A. Key Improvisation Tenets and Terms
- B. About the Workbook and List of Exercises

#### Bibliography

#### Index

"The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth" by Amy C. Edmondson

<https://www.amazon.com/Fearless-Organization-Psychological-Workplace-Innovation/dp/1119477247/>

"Authentic Fulfillment: Creative Practices, Stories, and Life Lessons" by Christopher Ellinger and Anne Ellinger

[It includes some improvisational exercises.]

<https://www.amazon.com/Authentic-Fulfillment-Creative-Practices-Stories/dp/B0C5PJG4LH/>

“This Improv Book” by David Escobedo

<https://www.amazon.co.uk/This-Improv-Book-David-Escobedo/dp/1658178971/>

“Answers from Improv Teachers” by David Escobedo

<https://www.amazon.co.uk/Answers-Improv-Teachers-David-Escobedo/dp/1085938417/>

“Answers From Improv Teachers: Second Book” by David Escobedo

<https://www.amazon.co.uk/Answers-Improv-Teachers-Second-Book/dp/B086PRLWNM/>

“Answers From Improv Teachers: Book 3” by David Escobedo

<https://www.amazon.co.uk/Answers-Improv-Teachers-Book-3/dp/B0B1JYBRGL/>

“Can I Get a Suggestion?: Suggestions for Improv Exercises” by David Escobedo

<https://www.amazon.co.uk/Can-Get-Suggestion-Suggestions-Exercises/dp/B08LR15NJR/>

“Improv Your Life - An Improviser’s Guide to Embracing Whatever” by Pippa Evans

<https://www.bookdepository.com/Improv-Your.../9781529344851>

“Collaborative Improv: Building Better Products Through Improvisation” by David Farkas

<https://www.amazon.com/dp/1795659939>

“Bossypants” by Tina Fey

<https://www.amazon.com/Bossypants-Tina-Fey/dp/0316056898/>

“Getting to Yes: Negotiating Agreement Without Giving In” by Roger Fisher, William Ury and Bruce Patton

[Not explicitly about improv or Applied Improvisation.]

<https://www.amazon.com/Getting-Yes-Negotiating-Agreement-Without/dp/014311875>

“Something Like a Drug: An Unauthorized Oral History of Theatresports” by Kathleen Foreman and Clem Martini

<https://www.amazon.com/Something-Like-Drug-Unauthorized-Theatresports/dp/B01K0PZOPK/>

“A Culture of Play - Essays on the Origins, Applications, and Effects of Improvised Theatre” by Brad Fortier

<https://www.amazon.com/Culture-Play-Brad-Fortier/dp/1300608528>

“Long Form Improvisation and American Comedy: The Harold” by Matt Fotis

<https://www.amazon.com/Long-Form-Improvisation-American-Comedy-dp-1349477737/dp/1349477737/>

“The Comedy Improv Handbook” by Matt Fotis & Siobhan O’Hara  
<https://www.amazon.com/Comedy-Improv-Handbook-Comprehensive-Improvisational/dp/1138934232>

“Improvisation in Drama, Theatre and Performance: History, Practice, Theory” (3<sup>rd</sup> Edition) by Anthony Frost and Ralph Yarrow  
<https://www.amazon.com/Improvisation-Drama-Theatre-Performance-Practice/dp/1137348100/>

“Business Improv: Experiential Learning Exercises to Train Employees to Handle Every Situation with Success” by Val Gee  
<https://www.amazon.com/Business-Improv-Experiential-Exercises-Employees/dp/0071768211/>

“Mindfulness and Psychotherapy – 2nd Edition” edited by Christopher K. Germer, Ronald D. Siegel and Paul R. Fulton, with chapters contributed by many people, on such topics as depression, anxiety, trauma, addiction, positive psychology... [Not explicitly about improv or Applied Improvisation, but I think it’s relevant for Applied Improvisation facilitators working in the field of healthcare.]  
<https://chidobook.com/product/mindfulness-and-psychotherapy-2nd-edition/>  
or <https://www.amazon.com/Mindfulness-Psychotherapy-Second-Christopher-Germer/dp/1462528376/>

“Playing Along: 37 Group Learning Activities Borrowed From Improvisational Theater” by Izzy Gesell  
<https://www.amazon.com/Playing-Along-Learning-Activities-Improvisational/dp/157025141X/>

“Playing Along: The Improv Deck” by Izzy Gesell  
[http://www.izzyg.com/item/Playing\\_Along\\_The\\_Improv\\_Deck/233/c48](http://www.izzyg.com/item/Playing_Along_The_Improv_Deck/233/c48)

“The Resilient Caregiver - A Path to Managing Stress & Change through Humor & Play” ebook by Izzy Gesell  
<http://www.blurb.com/b?ebook=623485>

“Instructional Moments: Facilitating with Applied Improv” by Izzy Gesell  
<https://izzyg.com/product/instructional-moments-e-book/>

“Rebel Talent: Why It Pays to Break the Rules at Work and in Life” by Francesca Gino - it includes a whole chapter about improvisation  
<https://www.amazon.com/Rebel-Talent-Pays-Break-Rules/dp/0062694634>

“Improv-ing Agile Teams: Using Constraints to Unlock Creativity” by Paul Goddard  
Five principles of improvisational theatre:  
SAFETY: how accepting failure is essential to discovery  
SPONTANEITY: how to increase the flow of ideas

STORYTELLING: how narratives help teams relate to their customers and end users

STATUS: how adjusting personal behaviour can encourage collaboration

SENSITIVITY: how to become more fully engaged with fellow team members

<http://www.amazon.com/dp/0993301304/>

“Improv Comedy” by Andy Goldberg

<https://www.amazon.com/Improv-Comedy-Andy-Goldberg/dp/1479123315/>

“The Improv Book: Improvisation for Theatre, Comedy, Education and Life” by Alison Goldie

<https://www.alisongoldie.com/>

“Listen Harder: A collection of essays, curriculum and memorabilia on improvisation and educational theatre” by Michael Golding

<https://www.amazon.com/Listen-Harder-memorabilia-improvisation-educational/dp/149741802X>

“Improvisation for the Spirit – Live a more creative, spontaneous, and courageous life using the tools of improv comedy” by Katie Goodman

<https://www.amazon.com/Improvisation-Spirit-Creative-Spontaneous-Courageous/dp/1402211910/>

“Great Group Skits: 50 Character-Building Scenarios for Teens” by Lynn Grasberg and Gina Oldenburg - improv ideas and scene setups

<https://www.amazon.com/Great-Group-Skits-Character-Building-Scenarios/dp/1574822659/>

“Creative Acts for Curious People: How to Think, Create, and Lead in Unconventional Ways” by Sarah Stein Greenberg, Executive Director of Stanford’s d.school

<https://www.amazon.com/Creative-Acts-Curious-People-Unconventional/dp/1984858165/>

“Group Improvisation: The Manual of Ensemble Improv Games” by Peter Gwinn and Charna Halpern

<https://www.amazon.com/Group-Improvisation-Manual-Ensemble-Improv/dp/1566081386>

“The Improv Comedy Musician - The Ultimate Guide to Playing Music with an Improv Group” by Laura Hall and Bob Baker

<https://www.amazon.com/Improv-Comedy-Musician-Ultimate-Playing/dp/0692753400>

“The Playbook: Improv Games for Performers” by William Hall

<http://www.amazon.com/Playbook-Improv-Games-Performers/>

“Truth in Comedy – the manual of improvisation” by Charna Halpern, Del Close and Kim “Howard” Johnson

[I attended a 2-day long-form improv workshop by Charna at the Shanghai Improv Festival, November 7-8, 2015, and performed in the group's graduation show, November 8. Kay]

<http://www.amazon.com/Truth-Comedy-Improvisation-published-Meriwether/dp/B00E31I5XG/>

“Art by Committee: A Guide to Advanced Improvisation [With DVD]” by Charna Halpern  
<https://www.amazon.com/Art-Committee-Improvisation-COMMITTEE-Paperback/dp/B008KWJRY0/>

“The Improv Edge: How the art of improv can boost your confidence, enrich your life and fast-track you to a more energized and motivated presence” by Joe Hammet  
<https://theimprovedgebook.com/>

“Messy - The Power of Disorder to Transform Our Lives” by Tim Harford. There's a whole chapter titled “Improvisation” (about Martin Luther King, Jr. and jazz musicians). And the following chapter, titled “Winning”, is about “fast and messy” improvisation by generals in battle, by Donald Trump in his election campaign, and by Jeff Bezos at Amazon.  
<https://www.amazon.com/Messy-Power-Disorder-Transform-Lives/dp/1594634807/>

“The Brain's Playground: Using Improv Games To Teach Social and Emotional Learning” by TiaMarie Harrison and Maja Watkins  
<https://partingtonbehavioranalysts.com/collections/books/products/the-brains-playground-using-improv-games-to-teach-social-and-emotional-learning/>

“The Fuzzy and the Techie: Why the Liberal Arts will Rule the Digital World” by Scott Hartley  
<https://www.amazon.com/Fuzzy-Techie-Liberal-Digital-World/dp/0544944771/>

“The Visual Guide to Improv” by Anna Harvard and Katarina Wahlberg  
<http://www.visualimprovguide.com/buy-the-book/>

“Long-Form Improv: The Complete Guide to Creating Characters, Sustaining Scenes, and Performing Extraordinary Harolds” by Ben Hauck  
<https://www.amazon.com/Long-Form-Improv-Characters-Sustaining-Extraordinary/dp/1581159811/>

“Acting on Impulse: The Art of Making Improv Theater” by Carol Hazenfield  
<https://www.amazon.com/Acting-Impulse-Making-Improv-Theater/dp/0971911231/>

“The Improvisation Studies Reader - Spontaneous Acts” edited by Ajay Heble and Rebecca Caines, with essays contributed by many people  
<https://www.routledge.com/The-Improvisation-Studies-Reader-Spontaneous-Acts/Heble-Caines/p/book/9780415638722>



“How to be The Greatest Improviser on Earth” by Will Hines

<http://www.improvnonsense.com/>

“Putting Improv to Work: Spontaneous Performance for Professional and Personal Life” by Greg Hohn

<https://mcfarlandbooks.com/product/Putting-Improv-to-Work/>

“Engaging Emergence – Turning upheaval into opportunity” by Peggy Holman

<https://www.amazon.com/Engaging-Emergence-Turning-Upheaval-Opportunity/dp/1605095214/>

“The Change Handbook: The Definitive Resource on Today’s Best Methods for Engaging Whole Systems.” by Peggy Holman, Tom Devane, Steven Cady and William A. Adams

<https://www.amazon.com/Change-Handbook-Definitive-Resource-Engaging/dp/1576753794/>

“Creative Collaboration: Simple Tools for Inspired Team Work” by Bruce Honig

<https://www.amazon.com/Crisp-Creative-Collaboration-Inspired-Fifty-minute/dp/1560526874/>

“Be the Best Bad Presenter Ever: Break the Rules, Make Mistakes, and Win Them Over” by Karen Hough

<https://www.amazon.com/Be-Best-Bad-Presenter-Ever/dp/1626560471>

“The Improvisation Edge: Secrets to Building Trust and Radical Collaboration at Work” by Karen Hough

<https://www.amazon.com/Improvisation-Edge-Secrets-Building-Collaboration/dp/1605095850/>

“Go With It: Embrace the Unexpected to Drive Change” by Karen Hough

<https://www.amazon.com/Go-Embrace-Unexpected-Drive-Change/dp/1562865714/>

“The Deeper, Funner Facilitation Cookbook: Keep Them on the Edge of Their Seats and Propel Real Change” by Julie Sheldon Huffaker, illustrated by Gary Hirsch

<http://www.hungrytoolkit.com/the-cookbook/>

“The 2-hour Workshop Blueprint: Design Fast. Deliver Strong. Without Stress” by Leanne Hughes

[Not explicitly about improv or Applied Improvisation, but I think it could be useful for facilitators and teachers. Kay]

<https://www.amazon.com/2-Hour-Workshop-Blueprint-Deliver-Strong/dp/0645740004/>

“175 Theatre Games: Warm-up Exercises for Actors” by Nancy Hurley – one chapter is specifically about improvisation games

<https://www.amazon.com/175-Theatre-Games-Warm-up-exercises/dp/1566081645/>

“The Illusion of Leadership: Directing Creativity in Business and the Arts” by Piers Ibbotson

<https://www.amazon.com/Illusion-Leadership-Directing-Creativity-Business-dp-0230201997/dp/0230201997/>

“How to Have Great Ideas: A Guide to Creative Thinking” by John Ingledew

<https://www.amazon.com/How-Have-Great-Ideas-Creative/dp/1780677294>

“58 ½ Ways to Improvise in Training” by Paul Z. Jackson

<https://www.amazon.com/Ways-Improvise-Training-Improvisation-Activities/dp/1904424147/>

“Easy: Your LIFE PASS to Creativity and Confidence” by Paul Z. Jackson, on Kindle

<http://www.amazon.com/Easy-Your-LIFE-PASS-Creativity-Confidence-ebook/dp/B00ZTTUGIS/>

“The Inspirational Trainer: Making Your Training Flexible, Spontaneous and Creative” by Paul Z. Jackson

[This is a revised, retitled version of “Impro Learning: How to Make Your Training Creative, Flexible and Spontaneous”]

<https://www.amazon.com/Inspirational-Trainer-Training-Flexible-Spontaneous/dp/0749434686/>

“Positively Speaking: The Art of Constructive Conversations with a Solutions Focus” by Paul Z Jackson and Janine Waldman

<https://www.amazon.com/Positively-Speaking-Constructive-Conversations-Solutions/dp/095652690X/>

“The Solutions Focus: Making Coaching and Change SIMPLE” by Paul Z. Jackson and Mark McKergow

<https://www.amazon.com/Solutions-Focus-Making-Coaching-Change/dp/1904838065/>

“Improvisation at the Speed of Life” by T.J. Jagodowski, Dave Pasquesi and Pam Victor

<http://www.amazon.com/Improvisation-Speed-Life-Dave-Book/dp/0977309339>

“Creativity in Business eBook: Navigating the New Work Paradigm” by Michelle James

“32 Creativity and Innovation Leaders Explore Applied Creativity. Each interview includes a “Making it Real” section with applied practices.”

<https://www.creativeemergence.com/products/>

And stay tuned for “Pattern Breaks: A Facilitator’s Guide to Cultivating Creativity” by Michelle James

“It is for professional facilitators, trainers, leaders, educators, and anyone else interested in bringing more creativity out of their groups, and themselves.”

Online orders will open in October 2023, and the official launch will be in December 2023. Check Michelle's website for details closer to the time.

<https://www.creativeemergence.com/products/>

"Creating Improvised Theatre: Tools, Techniques, and theories for short form and narrative improvisation" by Mark Jane

<https://www.amazon.com/Creating-Improvised-Theatre-Techniques-Improvisation-dp-0367707497/dp/0367707497/>

"The Funniest One in the Room: The Lives and Legends of Del Close" by Kim Howard Johnson

<https://www.amazon.com/Funniest-One-Room-Lives-Legends/dp/1556527128/>

"Wonderland: How Play Made the Modern World" by Steven Johnson

<https://www.amazon.com/Wonderland-Play-Made-Modern-World/dp/039918449X/>

"Ensemble-Made Chicago: A Guide to Devised Theater" by Chloe Johnston and Coya Paz Brownrigg – it includes descriptions of lots of improv games/exercises

<https://www.amazon.com/Ensemble-Made-Chicago-Devised-Theater-Stories/dp/0810138786/>

"Impro: Improvisation and the Theatre" by Keith Johnstone

<https://www.amazon.com/Impro-Improvisation-Theatre-Keith-Johnstone/dp/0878301178/>

"Impro for storytellers: theatresports and the art of making things happen" by Keith Johnstone

<https://www.amazon.com/Impro-Storytellers-Keith-Johnstone/dp/0878301054/>

"Improv Ideas: A Book of Games and Lists" by Justine Jones and Mary Ann Kelley

<https://www.amazon.com/Improv-Ideas-Book-Games-Lists/dp/1566081130/>

"Improv Ideas 2: A New Book of Games and Lists for the Classroom and Beyond" by Justine Jones and Mary Ann Kelley

<https://www.amazon.com/Improv-Ideas-Games-Classroom-Beyond/dp/1566081955/>

"Drama Games and Improvs: Games for the Classroom and Beyond" by Justine Jones and Mary Ann Kelley

<https://www.amazon.com/Drama-Games-Improvs-Classroom-Beyond/dp/1566081475/>

"The Act Resilient Method: From Trauma to Transformation" by Genie Joseph

The method "restores resilience and optimism, using improvisational Comedy, Theater Games, Expressive Arts, Emotional Flexibility Drills, and Mindfulness and Self-soothing Techniques. This Manual offers 27 Practical Principles of Act Resilient which are easily learned and when applied can help the entire family. This method has been presented to over 4,000 Service Members, their spouses, and children. Participants learn how to

handle stress, cope with trauma, anxiety, and depression and feel more engaged with life.”

<https://www.amazon.com/Act-Resilient-Method-Trauma-Transformation/dp/0995191409/>

“Facilitating Breakthrough: How to Remove Obstacles, Bridge Differences, and Move Forward Together” by Adam Kahane

[I’ve read the “Look Inside” sample and there is no mention of improv or Applied Improvisation in the Index, but the ideas in the book seem relevant. Kay]

<https://www.amazon.com/Facilitating-Breakthrough-Obstacles-Differences-Together/dp/B099NVGXD7/>

“Facilitator’s Guide to Participatory Decision-Making” (3rd Edition) by Sam Kaner

<https://www.amazon.com/Facilitators-Participatory-Decision-Making-Jossey-bass-Management/dp/1118404955/>

“Life Unscripted: Using Improv Principles to Get Unstuck, Boost Confidence, and Transform Your Life” by Jeff Katzman M.D. and Dan O’Connor

<https://www.amazon.com/Life-Unscripted-Overcome-Confidence-Transform/dp/1623172705>

“Ensemble! Using the Power of Improv and Play to Forge Connections in a Lonely World” by Jeff Katzman, M.D. and Dan O’Connor

<https://www.penguinrandomhouse.com/books/670605/ensemble-by-jeff-katzman-md/>

“Fully Invested: Improv Explains the World of Money, and Vice Versa” by Laurie R Kauffman

<https://www.amazon.com/Fully-Invested-Improv-Explains-World/dp/0615522106>

“The Cambridge Handbook of Creativity, 2nd Edition”, edited by James C. Kaufman and Robert J. Sternberg, with contributions by many psychologists, researchers and educators

<https://www.amazon.com/Cambridge-Handbook-Creativity-Handbooks-Psychology/dp/1316638545/>

“Wired to Create - Unraveling the Mysteries of the Mind” by Scott Barry Kaufman and Caroline Gregoire

The ten attributes and habits of highly creative people:

“Imaginative Play, Passion, Daydreaming, Solitude, Intuition, Openness to Experience, Mindfulness, Sensitivity, Turning Adversity into Advantage, Thinking Differently”

<https://www.amazon.com/Wired-Create-Unraveling-Mysteries-Creative/dp/0399175660/>

“Improv Yourself: Business Spontaneity at the Speed of Thought” by Joseph A. Keefe

<https://www.amazon.com/Improv-Yourself-Business-Spontaneity-Thought/dp/0471216380/>

“Tomorrowmind: Thriving at Work with Resilience, Creativity, and Connection—Now and in an Uncertain Future” by Gabriella Rosen Kellerman and Martin E.P. Seligman [I’ve read the “Look Inside” sample. In the Index there’s no mention of improv or Applied Improvisation, but there is a mention of jazz musicians. Kay]

<https://www.amazon.com/Tomorrowmind-Resilience-Creativity-Connection-Now-Uncertain/dp/1982159766/>

“Improv for Older Actors--Book and Flash Card Set” by Rick Kerby

<https://www.amazon.com/Improv-Older-Actors-Book-Flash-Card/dp/0983349797/>

“Creative Confidence: Unleashing the Creative Potential Within Us All” by Tom Kelley and David Kelley

<https://www.amazon.com/Creative-Confidence-Unleashing-Potential-Within/dp/038534936X/>

“Managed Mischief: A Toolkit of Improv-Inspired Games” by Mandy Khoshnevisan

<https://www.amazon.com/Managed-Mischief-Toolkit-Improv-Inspired-Games-ebook/dp/B01MY329K1/>

“Stop Boring Me!: How to Create Kick-Ass Marketing Content, Products and Ideas Through the Power of Improv” by Kathy Klotz-Guest

<https://www.amazon.com/dp/1684191092/>

“Training to imagine: practical improvisational theatre techniques for trainers and managers to enhance creativity, teamwork, leadership, and learning” by Kat Koppett

<https://www.amazon.com/Training-Imagine-Improvisational-Techniques-Creativity/dp/1579225926/>

“Training Using Drama : Successful Development Techniques from Theatre and Improvisation” by Kat Koppett

<https://www.amazon.com/Training-Using-Drama-Development-Improvisation/dp/0749437049/>

“The Well-Played Game: A Player’s Philosophy” by Bernard de Koven

<https://www.amazon.com/Well-Played-Game-Players-Philosophy-Press-ebook/dp/B00EQMVIB8/>

“A Playful Path” by Bernard De Koven

<http://www.aplayfulpath.com/the-book/>

“The Art of Chicago Improv: Short Cuts to Long-Form Improvisation” by Rob Kozlowski

<https://www.amazon.com/Art-Chicago-Improv-Long-Form-Improvisation/dp/032500384X>

“Improvised Theatre and the Autism Spectrum: A Practical Guide to Teaching Social Connection and Communication Skills” by Gary Kramer and Richie Ploesch

<https://www.amazon.com/dp/1032075503/>

“Getting to “Yes And”: The Art of Business Improv” by Bob Kulhan with Chuck Crisafulli  
<https://www.amazon.com/Getting-Yes-And-Business-Improv/dp/0804795800>

“Ensemble: An Oral History of Chicago Theater” by Mark Larson  
<https://www.amazon.com/Ensemble-Oral-History-Chicago-Theater/dp/1572842342/>

“The Art of Making Mistakes” edited by Saija Laukka, with contributions by 17 international writers who are professionals in the fields of drama and improvisation  
<http://draamatyo.fi/tuote/the-art-of-making-mistakes/>

“The Art of Making Sh!t Up - Using the Principles of Improv to Become an Unstoppable Powerhouse” by Norm Laviolette  
<https://www.amazon.com/Art-Making-Sh-Unstoppable-Powerhouse/dp/1119558212>

“When Sparks Fly: Harnessing the Power of Group Creativity” by Dorothy Leonard-Barton and Walter C. Swap  
<https://www.amazon.com/When-Sparks-Fly-Harnessing-Creativity/dp/1591397936>

“Yes, And – How Improvisation Reverses “No, But” Thinking and Improves Creativity and Collaboration” by Kelly Leonard and Tom Yorton of The Second City  
<http://www.amazon.com/Yes-Improvisation-Reverses-Creativity-Collaboration--Lessons/dp/0062248545/>

“The Second City Almanac of Improvisation” by Anne Libera  
<https://www.amazon.com/Second-City-Almanac-Improvisation/dp/0810118017/>

“How to Teach Improvised Comedy: Using the Science of Expertise to Develop Masterful Improvisors” by Jason Lewis  
<https://www.amazon.com/How-Teach-Improvised-Comedy-Improvisors-ebook/dp/B01N3U3145/>

“Lonely Planet Explore Every Day 1: 365 daily prompts to refresh your life” by Alex Leviton, a teacher, writer, speaker and trainer about creativity and a member of the Applied Improvisation Network  
<https://www.amazon.com/Explore-Every-Day-prompts-refresh/dp/1788686357/>  
or  
<https://shop.lonelyplanet.com/products/explore-every-day-1#navigation>

“The Second City Almanac of Improvisation” by Anne Libera  
<https://www.amazon.com/Second-City-Almanac-Improvisation/dp/0810118017>

“Improving Your Storytelling: Beyond the Basics for All Who Tell Stories in Work and Play” by Doug Lipman  
<https://www.amazon.com/Improving-Your-Storytelling-Stories-American/dp/0874835305/>

“The Surprising Power of Liberating Structures: Simple Rules to Unleash A Culture of Innovation” by Henri Lipmanowicz and Keith McCandless

“Liberating Structures are easy-to-learn microstructures that enhance relational coordination and trust. They quickly foster lively participation in groups of any size, making it possible to truly include and unleash everyone.”

<https://www.amazon.com/Surprising-Power-Liberating-Structures-Innovation/dp/0615975305>

And see the website: <https://www.liberatingstructures.com/>

“Relax, We’re All Just Making This Stuff Up!: Using the tools of improvisation to cultivate more courage and joy in your life” by Amy Lisewski

<https://www.amazon.com/Relax-Were-Just-Making-Stuff/dp/0997703008>

“Seriously Playful Creativity: an A-Z of Creative Action and Reflection” by Cathryn Lloyd (the price is in Australian dollars)

<https://www.maverickminds.com.au/spc/>

“Unscripted Learning: Using Improvisation across the K-8 Curriculum” by Carrie Lobman and Matthew Lundquist

<https://www.amazon.com/Unscripted-Learning-Improv-Activities-Curriculum/dp/0807747971>

“Improvisation, Inc. Revised Edition 2017: An Applied Improvisation Handbook” by Robert Lowe

<https://www.amazon.com/Improvisation-Inc-Revised-2017-Handbook/dp/0998504408/>

“Improvisation for Actors and Writers – A guidebook for lessons in comedy” by Bill Lynn

<https://www.amazon.com/Improvisation-Actors-Writers-Guidebook-Lessons/dp/1566080940>

“Orbiting the Giant Hairball: A Corporate Fool’s Guide to Surviving with Grace” by Gordon MacKenzie

<https://www.amazon.com/Orbiting-Giant-Hairball-Corporate-Surviving/dp/0670879835/>

“Improv Wisdom: Don’t Prepare, Just Show Up” by Patricia Ryan Madson

<https://www.amazon.com/Improv-Wisdom-Dont-Prepare-Just-ebook/dp/B003CIQ4XY/>

“Off Script - Mastering the Art of Business Improv” by Peter A. Margaritis

<https://www.amazon.com/Off-Script-Mastering-Business-Improv/dp/1948238365/>

“Improv for Writers: 10 Secrets to Help Novelists and Screenwriters Bypass Writer’s Block and Generate Infinite Ideas” by Jorjeana Marie

<https://www.amazon.com/Improv-Writers-Novelists-Screenwriters-Generate/dp/0399582037>



“Genius Now: Using Improv Skills for Creativity, Problem Solving, Fun and Thinking Like a Genius” by Alan Marriott

<https://store.bizbooks.net/geniusnow.aspx>

“Improv: A Rant” by Nick Mataragas – an ebook

<https://www.amazon.com/Improv-Rant-Nick-Mataragas-ebook/dp/B07VGTSVG7/>

“You Will Never Be Funny: An Introduction to Improvised Comedy” by Drew McCreddie

<https://www.amazon.com/gp/product/1499132077>

“Les McGehee Plays Well With Others - A “Grown-Up” Handbook of Improvisation and Play” by Les McGehee

<https://www.amazon.com/McGehee-Plays-Well-Others-Improvisation/dp/0974070327>

“Shtick to Business: What the Masters of Comedy Can Teach You about Breaking Rules, Being Fearless, and Building a Serious Career” by Peter McGraw

The Amazon blurb says the author “reveals surprising business lessons” about, among other things, “What Tina Fey and Amy Poehler can teach you about leadership and teamwork.”

<https://www.amazon.com/Shtick-Business-Breaking-Fearless-Building/dp/1544508077/>

“God, Improv, and the Art of Living” by Maryann McKibben Dana

“In this book, pastor, speaker, and improv aficionado MaryAnn McKibben Dana blends Scripture, psychology, theology, and pop culture in a wise, funny, down-to-earth guide to God, improv, and the art of living. Offering concrete spiritual wisdom in the form of seven improvisational principles, this book will help readers become more awake, creative, resilient, and ready to play—even (and perhaps especially) when life doesn’t go according to plan.”

<https://www.amazon.com/Improv-Living-MaryAnn-McKibben-Dana/dp/0802878342/>

“The Second City Guide to Improv in the Classroom: Using Improvisation to Teach Skills and Boost Learning” by Katherine S. McKnight and Mary Scruggs

<https://www.amazon.com/Second-City-Guide-Improv-Classroom/dp/0787996505/>

“Applied Improvisation Techniques to Enhance IT Majors’ Soft Skills, Communication Skills, and Teamwork Skills” - the Abstract of an academic paper by Russell McMahon

<https://dl.acm.org/doi/10.1145/3450329.3476872>

“Improv Beyond Rules: A Practical Guide to Narrative Improvisation” by Adam Meggido

<https://www.amazon.com/Improv-Beyond-Rules-Adam-Meggido/dp/184842731X/>

For sports coaches/teachers: “Teaching Tactical Creativity in Sport: Research and Practice” by Daniel Memmert

The book “suggests a wide range of game forms for teaching and coaching tactical creativity to children and young people.”

[Not explicitly about improv or Applied Improvisation. Kay]

<https://www.amazon.com/Teaching-Tactical-Creativity-Sport-Routledge/dp/041574590X>

“Pirate Robot Ninja: An Improv Fable” by Billy Merritt and Will Hines

“As an improv comedian: are you a pirate, robot or ninja? Know your type so you can appreciate your strengths while also focusing on what you have left to learn. This book is 200 pages of lessons and exercises, designed by two teachers and performers from the Upright Citizens Brigade Theatres in New York and Los Angeles.”

<https://www.amazon.com/dp/1099142245/>

and see the article “Pirate, Robot or Ninja? UCB Vet Billy Merritt’s Theory on the Three Types of Improv Performers” by Stephanie Carrie

<https://www.laweekly.com/arts/pirate-robot-or-ninja-ucb-vet-billy-merritts-theory-on-the-three-types-of-improv-performers-2372357>

“From Workplace to Playspace: Innovating, Learning and Changing Through Dynamic Engagement” by Pamela Meyer

<https://www.amazon.com/Workplace-Playspace-Innovating-Learning-Engagement-ebook/dp/B003C2SOWY/>

“Quantum Creativity – 9 Principles to Transform the Way You Work” by Pamela Meyer, improviser and corporate consultant about innovation and collaboration

<https://www.amazon.com/Quantum-Creativity-Pamela-Meyer/dp/0809224399/>

“The Agility Shift: Creating Agile and Effective Leaders, Teams and Organizations” by Pamela Meyer, improviser and corporate consultant about innovation and collaboration

<https://www.amazon.com/Agility-Shift-Creating-Effective-Organizations/dp/1629560707/>

“Take it Easy: And More Tips for the Dedicated Improviser” by Ryan Millar

<https://www.ryanmillar.com/about/take-it-easy/>

and

<https://www.amazon.com/Take-Easy-More-Dedicated-Improviser/dp/9082771403>

“The Improv Mindset: Change Your Brain. Change Your Business” by Bruce T. Montgomery and Gail Montgomery, with instructions for lots of exercises and activities

<https://www.amazon.com/Improv-Mindset-Change-Brain-Business/dp/0578635755/>

“Unhurried – What’s possible beyond busyness?” by Johnnie Moore

The author explains that the book tells the story of his journey towards “a more unhurried way of working, drawing on years of conversational experiments and facilitating meetings and events around the world.”

<https://www.unhurried.org/book>

“Nothing is Written – Learning is an Adventure” by Johnnie Moore and Viv McWaters – an ebook about creative facilitation

<http://creativefacilitation.com/facilitation-training-2/niw>

“Creative Facilitation: Inspiration and Provocation for More Creative Meetings and Workshops” by Johnnie Moore and Viv McWaters

<https://www.amazon.com.au/Creative-Facilitation-Inspiration-Provocation-Workshops/dp/B08XRZGY2T/>

“Images of Organization” by Gareth Morgan – see his metaphors about organisational development. [Not specifically about Applied Improvisation, but maybe a useful way of understanding how an organisation works.]

<https://www.amazon.com/Images-Organization-Gareth-Morgan/dp/1412939798/>

And see “Gareth Morgan’s Organisational Metaphors”

<https://hannekemli.files.wordpress.com/2013/11/garethmorgan.pdf>

“Creative Change: Why We Resist It ... How We Can Embrace It” by Jennifer Mueller

<https://www.amazon.com/Creative-Change-Why-Resist-Embrace/dp/054470309X/>

“Seven Steps to Improve Your People Skills” by Neil Mullarkey

<https://www.amazon.co.uk/Seven-Steps-Improve-People-Skills/dp/0993501125>

“In the Moment: Build your confidence communication and creativity at Work” by Neil Mullarkey, an improv performer and corporate trainer

“Discover the insights and strategies that will help you improve your confidence, communication and creativity in every moment of your professional career.”

<https://neilmullarkey.com/inthemomentbook>

“The Book of What If...?: Questions and Activities for Curious Minds” by Matt Murrie and Andrew R McHugh

<https://www.amazon.com/Book-What-If-Questions-Activities/dp/1582705283>

“Free Play: Improvisation in Life and Art” by Stephen Nachmanovitch

<https://www.amazon.com/Free-Play-Improvisation-Life-Art/dp/0874776317/>

“The Art of Is: Improvising as a Way of Life” by Stephen Nachmanovitch

<https://www.amazon.com/Art-Improvising-Way-Life/dp/1608686159/>

“Improvise: Scene from the Inside Out” by Mick Napier

<http://www.amazon.com/Improvise-Scene-Inside-Mick-Napier/dp/156608198X/>

“Behind the Scenes: Improvising Long Form” by Mick Napier

<https://www.amazon.com/Behind-Scenes-Improvising-Long-Form/dp/1566081998/>

“The Tao of Improv: A Philosophy of Creating a Scene” by Tom Neile

<https://www.amazon.com/dp/0692252037/>

“Creative Thinking, Creative Play: Using Improvisational Games To Transform People, Classrooms and Organizations” by Guy Nelson

<https://www.amazon.com/Creative-Thinking-Play-Improvisational-Organizations/dp/1539015149/>

“The Creativity Leap: Unleash Curiosity, Improvisation, and Intuition at Work” by Natalie Nixon

<https://www.amazon.com/Creativity-Leap-Curiosity-Improvisation-Intuition/dp/B07Y4JNH26>

“Improv ABC: The A-Z Guide to Kicking Butt At Improvisation” by Ben Noble

<https://www.amazon.com/Improv-ABC-Z-Kicking-Improvisation/dp/1517738075/>

“Improvising Now: A Practical Guide to Modern Improv” by Rob Norman

<https://www.amazon.com/Improvising-Now-Rob-Norman/dp/1497408407>

“Laughs on Wry - An Improviser’s Memoir - finding humor through childhood abuse, failed marriages, and other hurdles” by Lisa David Olson

<https://www.amazon.com/Laughs-Wry-Lisa-David-Olson/dp/1732205906>

“Teaching Improv: The Essential Handbook: Your step-by-step guide to teaching short form improv” by Mel Paradis

<https://www.amazon.com/Teaching-Improv-Essential-step-step/dp/0578517175/>

and

“Improv in Instruction” slide deck by Mel Paradis

<https://docs.google.com/presentation/d/1UApAZRITkc4cmvvpDFRC7zs7BWZWU9UM2-KAHwMQlcg/edit>

“Do It Now: Essays on Narrative Improv” by Parallelogramophonograph

<https://www.pgraph.com/do-it-now>

“The Art of Gathering: How We Meet and Why It Matters” by Priya Parker

From the Amazon blurb: “...Parker sets forth a human-centered approach to gathering that will help everyone create meaningful, memorable experiences, large and small, for work and for play.”

[Not explicitly about improv or Applied Improvisation. Kay]

<https://www.amazon.com/Art-Gathering-How-Meet-Matters/dp/1594634939/>

“Improvisation Book Reviews” by Abigail Paul

<http://www.abigailpaul.com/improvisation-book-reviews/>

“Improvisation: The Guide” by Lyn Pierse

<https://www.amazon.com/Improvisation-Guide-Lyn-Pierse/dp/1586900358>

“To Sell Is Human: The Surprising Truth About Moving Others” by Daniel Pink

[The book includes a whole chapter about improvisation. Pink says that improvisation is one of the key skills in selling, because it increases your persuasive power. Kay]

<https://www.amazon.com/Sell-Human-Surprising-Moving-Others/dp/1594631905/>

“In the Studio with Joyce Piven: Theatre Games, Story Theatre and Text Work for Actors (Performance Books)” by Joyce Piven and Susan Applebaum, about the work of the Piven Theatre Workshop in Chicago

An excerpt from the book:

“Improvisation and theatre games are at the core of what we teach at the Piven Theatre workshop. Our goal for both the player and the actor is to be present and creative in the moment onstage before an audience – to be in a “state of play.””

And an excerpt from the Amazon blurb:

“The book ends with an alphabetical appendix of games taught by Byrne and Joyce Piven based on their work with Paul Sills and Viola Spolin, Etienne Decroux, Uta Hagen and Mira Rostova.”

<https://www.amazon.com/Studio-Joyce-Piven-Theatre-Performance/dp/1408173875/>

And see their website: <https://www.piventheatre.org/>

“Yes Please” by Amy Poehler

<https://www.amazon.com/dp/B00IHZS39A/>

“Yes, And!: Harnessing the Power of Improvisation to Transform Your Life and Work” by Mary Jane Pories

<https://www.amazon.com/Yes-Harnessing-Power-Improvisation-Transform/dp/0985901705>

“Playing the Game” by Christine Poulter – instructions for lots of improv games

“Though written primarily for directors, actors, drama teachers, and drama students, this book will be of use to anyone who sometimes faces situations that demand effective presentation.”

<https://www.amazon.com/Playing-Game-Christine-Poulter/dp/0887346111/>

“Do Improvise: Less push. More pause. Better results. A new approach to work (and life).” by Robert Poynton

Excerpts: “...improvisational practice offers you a new way to act yourself into a new way of thinking (rather than think yourself into a new way of acting).”

[I’d prefer the words “behave” and “behaving” rather than “act” and “acting”. Kay]

And “The practice can be summed up in six words. They are: Notice More, Let Go, Use Everything.”

<https://www.amazon.com/Do-Improvise-pause-results-approach/dp/1907974016/>

“Do Pause: You are Not a To Do List” by Robert Poynton

<https://www.amazon.co.uk/Do-Pause-You-are-List/dp/1907974636/>

“Everything’s An Offer: How to do more with less” by Robert Poynton and Gary Hirsch

<https://www.amazon.com/Everythings-Offer-How-more-less-ebook/dp/B001LRQ71M/>

“Improvisational Leaders: Integrating Business, Mindfulness, and Improvisation” by Bill Prinzivalli and Gerard Varias

<https://www.improvisationalleaders.com/>

“Organizational Creativity, A Practical Guide for Innovators & Entrepreneurs” by Gerard Puccio, John F. Cabra and Nathan Schwagler

<https://www.amazon.com/Organizational-Creativity-Practical-Innovators-Entrepreneurs/dp/1452291551>

“The Extreme Improv Big Book of Improv Games” by David Pustansky

<https://www.amazon.co.uk/Extreme-Improv-Big-Book-Games/dp/1838132600/>

“Extreme Improv The Improviser's Bucket List: Inspiration and Ideas for Improv Challenges and Goals” by David Pustansky

<https://www.amazon.com/Extreme-Improv-Improvisers-Bucket-List/dp/1838132694/>

“Furious Improvisation: How the WPA and a Cast of Thousands Made High Art out of Desperate Times” by Susan Quinn, telling the story of the Works Progress Administration (WPA) in the USA, which funded, among other projects, the work of Neva Boyd and Viola Spolin during the Depression

<https://www.amazon.com/Furious-Improvisation-Thousands-Desperate-Times-dp-0802717586/dp/0802717586/>

“Using Improv to Save the World (and me): A true story about letting go of everything, teaching & learning from people around the world, and unexpectedly becoming what you love” by Belina Raffy

<https://www.amazon.com/Using-Improv-Save-World-unexpectedly-ebook/dp/B07R7D656S/>

“The Improv Illusionist: Using Object Work, Environment, and Physicality in Performance” by David Raitt, coming August 24, 2023

“The book features over 50 exercises to help improvisers develop their skills through solo and group work. Instructors will also find notes and tips for teaching physical improv.”

<https://www.amazon.com/Improv-Illusionist-Environment-Physicality-Performance/dp/1350326372/>

“The Eight Metaphors of Organization” by Venkatesh Rao

<https://www.ribbonfarm.com/2010/07/13/the-eight-metaphors-of-organization/>

“50 Exercises Trilogy” by Nir Raz (on Kindle)

“50 Group Exercises in a Circle: Activities for Group Leaders, Therapists and Trainers”

“50 Group Exercises in Pairs: Activities for Group Leaders Therapists and Trainers”

“50 Group Exercises in Threes & Fours: Activities for Group Leaders Therapists and Trainers”

<https://www.amazon.com/50-Exercises-Trilogy-3-Book/dp/B093LK98PR/>

“A Subversive’s Guide to Improvisation: Moving Beyond “Yes, And”” by David Razowsky

<https://www.amazon.com/Subversives-Guide-Improvisation-Moving-Beyond-ebook/dp/B0BL2QWNXL/>

“Short Form Improv” by Jack Reda

<https://www.amazon.com/Short-Form-Improv-Jack-Reda/dp/1475013086>

“Flying Funny: My Life Without a Net” by Dudley Riggs. In 1952 he founded the Instant Theatre Company in New York City, and in 1958 he founded what became the Brave New Workshop comedy troupe in Minnesota

<https://www.amazon.com/Flying-Funny-Life-without-Net/dp/1517901677/>

“The Story Cookbook - Practical Recipes for Change”, edited by Andrew Rixon and Cathryn Lloyd, with descriptions/recipes for games/activities contributed by many people, and with a link to a 30-page sample, including the Contents list.

“Stories and storytelling represent powerful creative processes for communication and change across personal, organisational and community contexts. With over 80 activities collected from contributors around the world, The Story Cookbook is one of the most comprehensive collections of story-based activities currently available. The book, organised by menu courses, provides the reader with a treasure trove of activities ranging from elegant relationship-building story techniques to more complex story processes such as quantum storytelling, genre bending and provenance. Designed in an easy-to-follow format, the smorgasbord of storytelling ideas that fill this book provide rich pickings to apply and adapt for all sorts of situations. This enticing resource is a must-read for consultants, facilitators, educators, change makers and leaders interested in working with story and narrative techniques for positive change in individuals, organisations and communities.”

[Several members of the Applied Improvisation Network contributed chapters to the book.]

<https://www.cambridgescholars.com/the-story-cookbook>

“Facilitating with Stories: Ethics, Reflective Practice and Philosophies”, edited by Andrew Rixon and Cathryn Lloyd

Aimed at educators, facilitators, trainers and consultants, it explores the ethics and facilitation philosophies of working with stories, and includes many chapters with instructions for storytelling activities/exercises/games.

See the link to a 30-page free, downloadable sample, including the Contents list.

[Several members of the Applied Improvisation Network contributed chapters to the book. I contributed two chapters: one about my variation on the “New Choice” improv game, and one about my variation on “The Story Spine” storytelling structure devised by Kenn Adams. Kay]

<https://www.cambridgescholars.com/product/978-1-5275-8829-5/>

“Mindset Matters: Developing Mental Agility and Resilience to Thrive in Uncertainty” by Gemma Leigh Roberts, a psychologist



“Develop mental agility and resilience to take on disruption and navigate change at work and with your teams.”

[I’ve read the “Look inside” sample on Amazon and don’t see any explicit mention of improv or Applied Improvisation, but I definitely think it’s relevant. It includes lots of exercises. Kay]

<https://www.koganpage.com/product/mindset-matters-9781398604841>

“Nimble, Focused, Feisty: Organizational Cultures That Win in the New Era and How to Create Them” by Sara Roberts

[I’ve only read the “Look inside” sample so far, so I don’t know whether she explicitly mentions improv or Applied Improvisation, but the book seems relevant. Kay]

<https://www.amazon.com/gp/product/1942952139/>

“The Physical Comedy Handbook” by Davis Robinson

<https://www.amazon.com/Physical-Comedy-Handbook-Davis-Robinson/dp/0325001146/>

“Out of Our Minds – The Power of Being Creative” (3<sup>rd</sup> edition, 2017) by Sir Ken Robinson, about education and creativity

On page 1 he writes: “As the world spins faster, organizations everywhere need people who can think creatively, communicate and work in teams: people who are flexible and quick to adapt.”

[Not explicitly about improv or Applied Improvisation. Kay]

<https://www.amazon.com/Out-Our-Minds-Power-Creative/dp/085708741X/>

“The Playmaker Mindset: A Radically Fun Way To Build a Culture of Teamwork and Instant Innovation” by Jeff Rogers

<https://www.amazon.com/Playmaker-Mindset-Radically-Teamwork-Innovation/dp/B099BWRMJL/>

“Theatre for Community Conflict and Dialogue: The Hope Is Vital Training Manual” by Michael Rohd

“It helps you provide opportunities for young people to open up and explore their feelings through theatre, offering a safe place for them to air their views with dignity, respect, and freedom.”

<https://www.amazon.com/Theatre-Community-Conflict-Dialogue-Training/dp/0325000026>

“Long Form Short Book: A short book about game of the scene based long-form improv.” by Francisco Antillón Romo

<https://www.amazon.com/Long-Form-Short-Book-long-form/dp/B09BT9W7NY>

“Directing Improv: Show the Way By Getting Out of the Way” by Asaf Ronen

<https://www.amazon.com/Directing-Improv-Show-Way-Getting/dp/0977033902/>

“Michael Rosen’s Book of Play: Why Play Really Matters, and 101 Ways to Get More of it in Your Life” by Michael Rosen

<https://www.amazon.com/Michael-Rosens-Book-Play-matters/dp/1788161904>

“Nonviolent Communication: A Language of Life, 3rd Edition: Life-Changing Tools for Healthy Relationships” by Marshall B. Rosenberg

[Recommended by Julien Bertrand: “[It] has many similar ideas as improv. Something to explore. Not directly improv but numerous meaningful links can be made.”]

<https://www.amazon.com/Nonviolent-Communication-Language-Life-Changing-Relationships/dp/189200528X/>

“The Creative Act: A Way of Being” by Rick Rubin

<https://www.amazon.com/Creative-Act-Way-Being/dp/0593652886/>

“The ComedySportz Games Manual” by Matthew Russell

Subtitle: “A Guide to Short-form Improv Games”

<https://www.amazon.com/ComedySportz-Games-Manual-Matthew-Russell/dp/1312629320/>

“Reading and Writing Come Alive: Using Improvisation to Build Literacy” by Lisa Safran

<https://www.amazon.com/Reading-Writing-Come-Alive-Improvisation/dp/0985781882/>

“Executive Presence - Improv Style!: A Guide to Improvising Your Way into Executive Presence!” by Lisa Safran

<https://www.amazon.com/Executive-Presence-Improv-Style-Improvising/dp/0985781807/>

“Improvising Real Life: Personal Story in Playback Theatre” by Jo Salas

<https://www.amazon.com/Improvising-Real-Life-Personal-Playback-ebook/dp/B00E458E9Q/>

“The Improv Handbook – The Ultimate Guide to Improvising in Comedy, Theatre and Beyond” by Tom Salinsky and Deborah Frances-White

<https://www.amazon.com/Improv-Handbook-Ultimate-Improvising-Theatre/dp/0826428584/>

“Performance Breakthrough: A Radical Approach to Success at Work” by Cathy Salit, the founder of “Performance of a Lifetime”

<http://performanceofalifetime.com/book/>

“The Improv Mindset: How to Make Improvisation Your Superpower for Success” by Keith Saltojan

<https://www.amazon.com/Improv-Mindset-Improvisation-Superpower-Success/dp/B0BZFPFWS4/>

“Group Genius: The Creative Power of Collaboration” by Keith Sawyer  
[He researches jazz and theatrical improvisation.]  
<https://www.amazon.com/Group-Genius-Creative-Power-Collaboration/dp/0465096638/>

“Zigzag: The Surprising Path to Greater Creativity” by Keith Sawyer  
<https://www.amazon.com/Zig-Zag-Surprising-Greater-Creativity/dp/1118297709/>

“Explaining creativity: the science of human innovation (2nd Edition)” by R. Keith Sawyer  
<https://www.amazon.com/Explaining-Creativity-Science-Human-Innovation/dp/0199737576/>

“Group Creativity: Music, Theater, Collaboration” by R. Keith Sawyer  
<https://www.amazon.com/Group-Creativity-Music-Theater-Collaboration-dp-0805844368/dp/0805844368/>

“The Creative Classroom: Innovative Teaching for 21st-Century Learners” by Keith Sawyer  
<https://www.amazon.com/Creative-Classroom-Innovative-Teaching-21st-Century/dp/0807761214/>

“Structure and improvisation in creative teaching” edited by R. Keith Sawyer  
<https://www.amazon.com/Structure-Improvisation-Creative-Teaching-Sawyer/dp/0521746329/>

“Pretend Play as Improvisation: Conversation in the Preschool Classroom” by R. Keith Sawyer  
<https://www.routledge.com/Pretend-Play-As-Improvisation-Conversation-in-the-Preschool-Classroom/Sawyer/p/book/9781138995260>

“The big book of conflict resolution games” by Mary Scannell  
<http://extension.wsu.edu/wallawalla/wp-content/uploads/sites/26/2016/08/The-big-book-of-Conflict-Resolution-Games.pdf>

“Theory U: Leading from the Future As it Emerges” by C. Otto Scharmer  
<https://www.amazon.com/Theory-Leading-Emerges-Otto-Scharmer/dp/1626567980/>

“Applied Improvisation for Coaches and Leaders: A Practical Guide for Creative Collaboration” by Susanne Schinko-Fischli  
<https://www.amazon.com/Applied-Improvisation-Coaches-Leaders-Schinko-Fischli/dp/1138315265/>

“Learning Social Skills Virtually: Using Applied Improvisation to Enhance Teamwork, Creativity and Storytelling” by Susanne Schinko-Fischli  
<https://www.amazon.com/Learning-Social-Virtually-Susanne-Schinko-Fischli/dp/1032001070/>

“Serious Play – How the World’s Best Companies Simulate to Innovate” by Michael Schrage

The Amazon blurb starts: “Successful innovation demands more than a good strategic plan; it requires creative improvisation.”

<https://www.amazon.com/Serious-Play-Companies-Simulate-Innovate/dp/0875848141/>

“Smart Leaders, Smarter Teams: How You and Your Team Get Unstuck to Get Results” by Roger Schwarz

An excerpt in the Contents list, Chapter 3: “When you shift to a mutual learning mindset, you and your team operate from a more productive set of values and assumptions.

These include being transparent, curious, accountable, and compassionate, and creating informed choice.”

[Not explicitly about improv or Applied Improvisation. Kay]

<https://www.amazon.com/Smart-Leaders-Smarter-Teams-Unstuck/dp/0787988731/>

“The Improviser’s Way: A Longform Workbook” by Katy Schutte

<http://www.katyschutte.co.uk/the-improvisers-way.html>

“Process: An Improviser’s Journey” by Mary Scruggs and Michael Gellman

<https://www.amazon.com/Process-Improvisers-Journey-Mary-Scruggs/dp/0810124726/>

“Whose Improv Is It Anyway?: Beyond Second City” by Amy E. Seham

<https://www.amazon.co.uk/Whose-Improv-Anyway-Beyond-Second/dp/1578063418/>

“Improv Shaman: The Transformative Journey of Divine Play” by Keli Semelsberger

<https://www.amazon.com/Improv-Shaman-Transformative-Journey-Divine/dp/198226859X>

“Easy Street: A Guide for Players in Improvised Interactive Environmental Performance, Walkabout Entertainment, and First-Person Historical Interpretation” by Ann-Elizabeth Shapera

<https://www.amazon.com/Easy-Street-Environmental-Entertainment-Interpretation/dp/110554351X/>

“Social Nonsense: Creative Diversions for Two or More Players – Anytime, Anywhere” by Doug Shaw

<https://www.amazon.com/Social-Nonsense-Creative-Diversions-Anywhere/dp/1733283625/>

“That Movie In Your Head” by David Shepherd – he shares his improv techniques and anecdotal insights for creating video movies

To order and pay for the book, see this Facebook post by Michael Golding:

<https://www.facebook.com/michael.golding.98/posts/pfbid02E3ZpPUWXiys4zpjS3qU5j9k9PZ8Rj2PmxLF1HVBcyzTSzatr7JhQZiTAYpbdAeKAJ>

“David Shepherd (1924-2018) Papers” in the Archival and Manuscript Collections of Northwestern University in Chicago

“The Biographical Materials (1942-2014) series contains Shepherd’s correspondence, interviews, autobiographical materials, as well as significant portion of his journals which span the length of his career. Other materials are often inserted among the pages of the journals, such as flyers, newsletters, and other printed matter.”

Wikipedia: David Shepherd “was an American producer, director, and actor noted for his innovative work in improvisational theatre. He founded and/or co-founded Playwrights Theatre Club, The Compass Players, Canadian Improv Games, and the ImprovOlympic.”

<https://findingaids.library.northwestern.edu/repositories/7/resources/1654>

“Jill & Patrick’s Small Book of Improv for Business” by Patrick Short and Jill Bernard

<http://www.lulu.com/shop/patrick-short-and-jill-bernard/jill-patricks-small-book-of-improv-for-business/paperback/product-22219570.html>

“Play Matters” by Miguel Sicart

<https://mitpress.mit.edu/books/play-matters>

“Both/And Thinking: Embracing Creative Tensions to Solve Your Toughest Questions” by Wendy K. Smith and Marianne W. Lewis

[They quote Clay Drinko about the improv principle of “Yes, and”. Kay]

<https://www.amazon.com/Both-Thinking-Embracing-Creative-Tensions/dp/1647821045/>

“The Other Blocking: Teaching and Performing Improvisation” by Tom Smith

<https://www.amazon.com/Other-Blocking-Teaching-Performing-Improvisation/dp/0757560717>

“The Improvising Teacher: Reconceptualising Pedagogy, Expertise and Professionalism” by Nick Sorensen

<https://www.routledge.com/The-Improvising-Teacher-Reconceptualising-Pedagogy-Expertise-and-Professionalism/Sorensen/p/book/9781032121253>

“Improvisation for the Theater: A Handbook of Teaching and Directing Techniques (Third Edition)” by Viola Spolin

<https://www.amazon.com/Improvisation-Theater-Directing-Techniques-Performance/dp/081014008X/>

“Theater Games for the Classroom: A Teacher’s Handbook” by Viola Spolin

<https://www.amazon.com/Theater-Games-Classroom-Teachers-Handbook/dp/0810140047/>

“Theater Games for the Lone Actor” by Viola Spolin

<https://www.amazon.com/Theater-Games-Actor-Viola-Spolin/dp/0810140101/>

“Theater Games for Rehearsal: A Director's Handbook, Updated” by Viola Spolin

<https://www.amazon.com/Theater-Games-Rehearsal-Directors-Handbook/dp/0810127490/>

“The Big Book of Improv Games: A compendium of performance-based short-form games” by Andrew M Spragge and Karen L Eichler

<https://www.amazon.com/Big-Book-Improv-Games-performance-based/dp/B09FCFHDR3/>

“Fun at Work: Transform Your Career with Improv” by Lauren Stein

<http://slightlybetter.ca/funatwork/>

“Improvise Freely: Throw Away the Rule Book and Unleash Your Creativity” by Patti Stiles

<https://www.amazon.com/Improvise-Freely-rulebook-unleash-creativity/dp/0645176508/>

“The Status Game: On Human Life and How to Play It” by Will Storr

[Not explicitly about improv or Applied Improvisation. Kay]

<https://www.amazon.com/Status-Game-Human-Life-Play/dp/0008354677/>

“Amaze & Delight: Secrets to Creating Magic in Business” by Robert Strong and David Martinez

<https://www.amazon.com/Amaze-Delight-Secrets-Creating-Business/dp/B0BTKVMF5K/>

And see this web page about David’s team-building workshops:

<https://www.davidmartinezmagic.com/team-building.html>

“Improv For Kids: 24 Wacky Games” by Greg Sullivan

<https://www.amazon.com/Improv-Kids-24-Wacky-Games/dp/1537747134/>

“Healing Improv: A Journey Through Grief to Laughter” by Bart Sumner

<https://www.amazon.com/gp/product/1496119711>

“The Innovative Mindset: 5 Behaviors for Accelerating Breakthroughs” by John Sweeney and Elena Imaretska

<http://www.barnesandnoble.com/w/the-innovative-mindset-john-sweeney/1121917441>

“Innovation At the Speed of Laughter: 8 Secrets to World Class Idea Generation” by John Sweeney

<https://www.amazon.com/Innovation-Speed-Laughter-Generation-Paperback/dp/0976218437/>

“Something Wonderful Right Away: An Oral History of The Second City and The Compass Players” by Jeffrey Sweet, first published in 1978

<https://www.amazon.com/Something-Wonderful-Right-Away-History/dp/0879100737/>

“Something Wonderful Right Away: The Birth of Second City—America’s Greatest Comedy Theater” by Jeffrey Sweet – a revised edition of the book, with additional material, launched June 27, 2023

<https://www.amazon.com/Something-Wonderful-Right-Away-City-Americas/dp/1621538249/>

And see this article about the latest edition of the book:

“*Something Wonderful* once again” by Jack Helbig

“Jeffrey Sweet talks about revisiting his classic 1978 oral history of Second City.”

<https://chicagoreader.com/arts-culture/performing-arts-feature/something-wonderful-once-again/>

“Hank & Stella in Something from Nothing” by Damian Synadinos – a children’s book: “an engaging story with cute characters that introduces children to improv principles and skills that are as useful on stage as they are at play and in life”

<https://www.hankandstellabooks.com/>

“The big book of humorous training games”, with “dozens of games on popular training topics, from creativity to management skills to dealing with change”, by Doni Tamblyn & Sharyn Weiss

<https://www.amazon.com/Book-Humorous-Training-Games-Business/dp/0071357807/>

“Improv for Everyone” by Greg Tavares

<https://www.amazon.com/Improv-Everyone-1-Greg-Tavares/dp/0985950706>

“The Second City: The Essentially Accurate History” by The Second City with Sheldon Patinkin and Liz Kozak

<https://www.amazon.com/Second-City-Essentially-Accurate-History/dp/1572842814/>

“The Skill of Humor Playbook: How to Unlock Your Humor Persona to Create Stronger Connections, Increase Productivity, and Relieve Stress” by Andrew Tarvin

<https://www.amazon.com/Skill-Humor-Playbook-Connections-Productivity/dp/B0C1J1RLS1>

“The Skill of Humor Playbook: How to Unlock Your Humor Persona to Create Stronger Connections, Increase Productivity, and Relieve Stress” by Andrew Tarvin

<https://www.amazon.com/Skill-Humor-Playbook-Connections-Productivity/dp/B0C1J1RLS1/>

“Design Your Own Games and Activities: Thiagi’s Templates for Performance Improvement” by Sivasailam Thiagarajan [AKA Thiagi]

<https://www.amazon.com/Design-Your-Own-Games-Activities/dp/0787964654/>

“Thiagi’s Interactive Lectures: Power Up Your Training with Interactive Games and Exercises” by Sivasailam Thiagarajan

<https://www.amazon.com/Thiagis-Interactive-Lectures-Training-Exercises/dp/156286405X/>



“Overcoming Fear: A Guide for Budding Improvisers”, an e-book by Colin Thornton and Jon Ulrich

<https://improvcincinnati.com/guides/overcoming-fear-a-guide-for-budding-improvisers>

“101 Activities to Ignite Collaboration, Boost Creativity, and Fuel Innovation” by Karen Tilstra

<https://www.amazon.com/dp/1956464425>

“Restorative Practices and Peer Mediation Training Manual: Third Edition” by Matthew B. Tolliver – it includes instructions for lots of improv exercises

<https://www.amazon.com/Restorative-Practices-Mediation-Training-Manual/dp/1387072226>

“Drama Menu – Theatre Games in Three Courses” – a website and book of theatre games, improv ideas and drama games, by Glyn Trefor-Jones

<http://dramamenu.com/>

“Improv Wins” by Chris Trew and Tami Nelson

<https://www.amazon.com/Improv-Wins-Chris-Trew/dp/1304225089>

“From Ritual to Theatre - The Human Seriousness of Play” by Victor Turner

<https://www.amazon.com/Ritual-Theatre-Human-Seriousness-Books/dp/0933826176>

“The Power of a Positive No: How to Say No and Still Get to Yes” by William Ury  
[Not explicitly about improv or Applied Improvisation. Kay]

<https://www.williamury.com/books/the-power-of-a-positive-no/>

“The Triangle of the Scene: A simple, practical, powerful method for approaching improvisation” by Paul Vaillancourt

<https://www.amazon.co.uk/Triangle-Scene-practical-approaching-improvisation/dp/1539733718/>

“Why Play Works: Big Changes Start Small” by Jill VIALET

“Designed to support schools, education professionals and parents in promoting play as an essential tool for increasing social connection amongst their students”

<https://www.amazon.com/gp/product/1119774543/>

“Reinventing Brand You - The Theatre Way” by Vinita Vyas

“This ‘how-to’ manual includes simple exercises from the disciplines of Dramatic Arts that help you move towards heightened conscious Awareness....to be “Brand You”.”

<https://www.amazon.in/dp/B079ZXRQCT>

“Improv for Democracy: How to Bridge Differences and Develop the Communication and Leadership Skills Our World Needs” by Don Waisanen

<https://www.amazon.com/Improv-Democracy-Differences-Communication-Leadership-dp-1438481160/dp/1438481160/>

“Instant Songwriting: Musical Improv from Dunce to Diva” by Nancy Howland Walker  
<https://www.amazon.com/Instant-Songwriting-Musical-Improv-ebook/dp/B009SF9S4C/>

“The Art of Noticing: 131 Ways to Spark Creativity, Find Inspiration, and Discover Joy in the Everyday” by Rob Walker.

One chapter, titled “Look Like an Improv Performer”, is about Charlie Todd, the founder of Improv Everywhere.

An excerpt: “Maybe the most important thing you can train an aspiring improviser to do, he says, is listen and observe and stay fully open to the possibilities in whatever his or her fellow actors might be saying or doing. Thus the famous “Yes, and...” rule: Whatever your partner says or suggests, you never contradict or disregard it; you embrace it and build on it.”

<https://www.amazon.com/Art-Noticing-Creativity-Inspiration-Discover/dp/0525521240/>

“Yes Man” by Danny Wallace

<https://www.amazon.com/Yes-Man-Danny-Wallace/dp/1416918345>

“Playful Rebellion: Maximize Workplace Success Through The Power of Play” by Gary Ware

<https://www.breakthroughplay.com/playful-rebellion/>

“Improv Nation - How We Made a Great American Art” by Sam Wasson

<https://www.amazon.com/Improv-Nation-Made-Great-American/dp/0544557204/>

And see this review of the book: “In the World of Comedy, Improv May Now Be More Important Than Stand-Up” by Jason Zinoman

<https://www.nytimes.com/2017/11/30/books/review/sam-wasson-improv-nation.html>

“Scotty Watson’s Improv Tips” by Scotty Watson

<https://www.amazon.com/dp/1976245133/>

“Playfair: Everybody’s Guide to Noncompetitive Play” by Matt Weinstein & Joel Goodman

<https://www.amazon.com/Playfair-Everybodys-Guide-Noncompetitive-Play/dp/091516650X/>

“Improvisation: The Drama of Christian Ethics” by Samuel Wells

From the blurb: “Samuel Wells defines improvisation in the theater as “a practice through which actors seek to develop trust in themselves and one another in order that they may conduct unscripted dramas without fear.” Sounds a lot like life, doesn’t it? Building trust, overcoming fear, conducting relationships, and making choices--all without a script.”

<https://www.amazon.com/Improvisation-Christian-Ethics-Samuel-Wells/dp/1587430711>

“The Art of Negotiation: How to Improvise Agreement in a Chaotic World” by Michael Wheeler

<https://www.amazon.com/Art-Negotiation-Improvise-Agreement-Chaotic/dp/1480556580>

“Playfulness in Coaching: Exploring Our Untapped Potential Through Playfulness, Creativity and Imagination” by Stephanie Wheeler and Teresa Leyman  
[I don't know whether the authors explicitly mention improv or Applied Improvisation. Kay]

<https://www.amazon.com/Playfulness-Coaching-Exploring-Creativity-Imagination/dp/0367548488/>

“Rehearsals for Growth: Theater Improvisation for Psychotherapists” by Dr. Daniel Wiener

<https://www.amazon.com/Rehearsals-Growth-Theater-Improvisation-Psychotherapists/dp/0393701875/>

“Interactive Acting: Acting, Improvisation, and Interacting for Audience Participatory Theatre” by Jeff Wirth

<https://www.amazon.com/Interactive-Acting-Improvisation-Interacting-Participatory/dp/0963237497>

“Why Is That So Funny?: A Practical Exploration of Physical Comedy” by John Wright

<https://www.amazon.co.uk/Why-That-Funny-Practical-Exploration/dp/1854597825>

“Serious Fun – The Power of Improvisation for Learning and Life” by Ruth H. Yamamoto

<https://www.amazon.com/Serious-Fun-Power-Improvisation-Learning/dp/0761868534>

***Books for people interested in improv for activism, suggested by Joey Novick***

“Legislative Theater: Using Performance to Make Politics” by Augusto Boal

<https://www.amazon.com/Legislative-Theatre-Performance-Politics-Augusto-ebook/dp/B0BCHLNW65/>

“Improvisational Negotiation: A Mediator's Stories of Conflict About Love, Money, Anger -- and the Strategies That Resolved Them” by Jeffrey Kravis

<https://www.amazon.com/Improvisational-Negotiation-Mediators-Conflict-Strategies-dp-0787980382/dp/0787980382/>

“Making Democracy Fun: How Game Design Can Empower Citizens and Transform Politics” by Josh Lerner

<https://www.amazon.com/Making-Democracy-Fun-Citizens-Transform/dp/0262026872/>

“Improv for Democracy: How to Bridge Differences and Develop the Communication and Leadership Skills Our World Needs” by Don Waisanen

<https://www.amazon.com/Improv-Democracy-Differences-Communication-Leadership/dp/1438481160/>

### ***Booklists compiled by other people***

“About AIM - Popular Books” from Boston Strategy Group (Theodore Klein)

[AIM = Applied Improvisation]

<https://bostonstrategygroup.com/aim-examples-2/>

“Curated Bibliography of Improv Related Works” from Boston Strategy Group (Theodore Klein)

Version 14, dated June, 2023

<https://bostonstrategygroup.com/other-materials/>

“The Best Improv Books of 2015” by Jimmy Carrane

<http://jimmycarrane.com/the-best-improv-books-of-2015/>

“Popular Improv Books” – an extensive list of books, via Goodreads

<https://www.goodreads.com/shelf/show/improv>

“Improv Reading List” from Improv Therapy Group – a list of lots of books about improv

<https://improvtherapygroup.com/improv-reading-list/>

“77 Awesome Creativity Books” – a list compiled by Michelle James

[http://creativeemergence.typepad.com/the\\_fertile\\_unknown/2011/05/my-top-100-creativity-in-business-book-recommendations.html](http://creativeemergence.typepad.com/the_fertile_unknown/2011/05/my-top-100-creativity-in-business-book-recommendations.html)

“Theatrical/ Comedic Improvisation (Improv)” – a list of books, on Listopia

[https://www.goodreads.com/list/show/44254.Theatrical\\_Comedic\\_Improvisation\\_Improv](https://www.goodreads.com/list/show/44254.Theatrical_Comedic_Improvisation_Improv)

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“Improv Books: Reviews & Recommendations” by David Raitt, the curator of the “Improv Illusionist” website

<https://improvillusionist.com/books/>

“10 Best Improv Books to Read for Work in 2021” by Angela Robinson

<https://teambuilding.com/blog/improv-books>

“The Big Ol’ List of Improv Books” compiled by sambalaya

[https://www.reddit.com/r/improv/comments/7ft5fj/the\\_big\\_ol\\_list\\_of\\_improv\\_books/](https://www.reddit.com/r/improv/comments/7ft5fj/the_big_ol_list_of_improv_books/)

“15 Best Books on Creativity That Will Boost Your Creative Thinking” by Subodh Sharma

<https://gladreaders.com/best-books-on-creativity/>

“Manage Improv Resources” – a list of books, videos, podcasts, Facebook groups, etc., compiled by Bright Su

<https://drive.google.com/file/d/1pYfoXj7w4mk9uzctm2R6eUd1Fw-x17uM/view>

“Required Reading for Improvisers” by Rick Thomas

He lists some books and historic documents that he suggests improvisers should read. They’re not about improv or Applied Improvisation. “Reading deepens life experience and brings more resonant intellectual, moral and emotional presence to an improviser’s performances and everyday life,” he says.

<https://richardsteventhomas.wordpress.com/2016/11/17/required-reading-for-improvisers/>

## ***Magazines***

The “Applied Improvisation Magazine (AIM)”, published in English by the Applied Improvisation Network, with articles by many members around the world, about many aspects of Applied Improvisation. The first issue was published in early 2023, and the second issue is due to be published in early 2024.

<https://www.appliedimprovisationnetwork.org/applied-improvisation-magazine>

“Status” is “a digital magazine specializing in improvisational theatre”, published monthly in English, Spanish, French and Italian. It covers many aspects of improvisational theatre, including offstage applications.

General Director: Feña Ortalli

<https://www.statusrevista.com>

## ***Facebook groups***

Applied Creativity Network

This group “explores applied and inspired creativity in all domains: from corporate to the arts to the sciences; and for personal and professional development.”

Admin: Michelle James

<https://www.facebook.com/groups/20567331752>

Applied Improvisation for Education

“This page is for research, game share, and collaborations.”

Admin: Christiana Frank

<https://www.facebook.com/groups/appliedimprovedu>

‘The Applied Improvisation Network

"Our network includes consultants, managers, trainers, coaches, facilitators, performers and academics."

You’ll need to click “Join”. And please note: joining this Facebook group does not mean you’ve joined the Applied Improvisation Network – you’ll need to go to the AIN’s website

to do that: <https://appliedimprovisationnetwork.org>. You don't have to be a paid-up member of the AIN to join the Facebook group.

Admins: The Applied Improvisation Network, Daniel De Miguel and Anna Alex  
<https://www.facebook.com/groups/appliedimprov/>

#### Improv Improv Improvisation Theater

"Everything about improvisation theater, improv, improv"

Admin: Claudio Amado

<https://www.facebook.com/groups/789291231188583>

#### Improv Discussion and Resources

"This is a place for students, performers, coaches, teachers, and directors to ask questions and share experiences and resources with each other to create better improv and improv experiences."

Admin: Chris Griswold

<https://www.facebook.com/groups/395325940833906>

#### Improv Studies

"It is intended to be a resource to anyone writing an academic paper on improv."

Admin: David Escobedo

<https://www.facebook.com/groups/1282086172512399>

#### Improv Online

A "one-stop shop for English language online improv: Shows, Jams, Workshops, Classes, Community, Conversation."

Admins: Watch This Space Improv, Nicolas Tupégabet and Mike Burgess

<https://www.facebook.com/groups/improvonline/>

#### Improv Teachers' Support & Collaboration Group

This group "connects teachers of improvisation. If you teach improvisation for the stage and/or applied improvisation, you are most welcome."

Admin: Tina Jaxlin

<https://www.facebook.com/groups/565158500303589>

#### Improvisation in Youth Work

"We created this group to share experience and exchange ideas about the use of improvisational methods with youth/for youth."

Admin: Kiss Gergő

<https://www.facebook.com/groups/1332894946778173/>

#### Mental awareness and how Improv may help

"[H]ere we hope to discuss and promote the positive benefits of Improv on mental health thru articles, ideas and shared experience."

Admin: Chris Wilmers

<https://www.facebook.com/groups/292517544630146>

Online improv facilitators

Admin: Andrew Cain

<https://www.facebook.com/groups/2451350451842204>

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P.S. See also my blog series, “All About Improv, Applied Improv, Creativity, Play, Innovation...”, which I compiled from 2013 to 2017 – it’s up to Part 4, and each part includes a link to a different list of resources (articles, videos, podcast episodes and books by many people). Here’s Part 4 (it includes links to Parts 1, 2 and 3):

<http://www.kayross.com/blog/2017/04/26/all-about-improv-applied-improv-creativity-play-innovation-part-4/>

And see my TEDxHKPolyU talk, March 10, 2018, about how life is an improvisation game and a playground of possibilities (15m 8s). The theme of the whole day was “Unscripted”.

<https://www.youtube.com/watch?v=r4yibOcDfQc>

And see the Applied Improvisation Network

<https://appliedimprovisationnetwork.org>

The “Applied Improvisation Magazine (AIM)”, with articles by many members around the world, about many aspects of Applied Improvisation

<https://www.appliedimprovisationnetwork.org/applied-improvisation-magazine>

The private Facebook group. You’ll need to click “Join”. And please note: joining this Facebook group does not mean you’ve joined the Applied Improvisation Network – you’ll need to go to the AIN’s website to do that. You don’t have to be a paid-up member of the AIN to join the Facebook group.

<https://www.facebook.com/groups/appliedimprov/>

The private LinkedIn group

<https://www.linkedin.com/groups/1811923/>

The YouTube channel, with videos featuring AIN members presenting their ideas at AIN conferences

<https://www.youtube.com/@AppliedImprovisationNetwork/videos>

© Kay Ross

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