



**Media Kit - *Les McGehee Plays Well With Others: A “Grown-Up” Handbook of Improvisation and Play***

**VII. Excerpts:**

I know that if more people accepted or practiced improvisation the world would be a better place. I have no doubt about that. Ask anyone who has practiced improvisation with a group and you’ll see what I mean. It strikes right at the stuff that really creates the life experience. And it is fun! It releases you from the yoke of worry and miscommunication. It values trust and confidence, teamwork and communication, self and selflessness, and it is always beckoning you to do things the easier, better, and more fun way. And, oh my God, we want you to pause on your treadmill, lighten up, and join us for some fun.

You can have a better time. You can be smarter, stronger, and faster when improvising. You can have joy like you used to. You can like people again and look forward to their input. You can remember the sheer beauty of creation and remember how perfect things are. These things make you healthier and better looking! And did I mention that you can have fun and that you put your positive self into action more in your life?

*12 Quotes:*

In life and business, improvisation is a gateway not only to creativity and productivity, but also to greatness, innovation, rejuvenation, profit, and success.

According to many futurists, improvisation will be the most important skill in using emerging technologies, such as creativity augmentation, to any advantage.

Anybody can learn to improvise and enjoy it and recapture the sense of play they had as a child.

Diligence and process can further and develop ideas, but the new comes in the moment, where interdisciplinary thought occurs.

Groups of people with a commitment to dropped preconceptions, shared creativity, clear goals, and a cultivated purposeful support of each other can achieve higher synergy that have major positive outcomes.

Mr. Erickson goes on to tell us “an astounding fact; preschool children laugh or smile 400 times a day, but that figure drops to an average of only 15 laughs a day by the time people reach age 35.” That’s how drastic our cases are as grown-ups! That’s why the fourth most important thing on our report cards can’t go untended into adulthood.

Improvisation repairs us by getting to the fabric of our lives in the form of human interaction.

If there were no failure, there'd also be no development. Think of Edison and the light bulb. He claims to have failed at creating a light bulb about a thousand times. Aren't we glad he didn't take failure tragically?

Humor is more like mood. It is a receptiveness to fun and playful occurrences and a lightness of attitude.

To be a happy human you've got to have good humor. Even if you aren't into comedy, you'd better be into humor.

I want my carpenter to have good humor, but I kind of hope he isn't too much into comedy. We don't always want comedy, especially the contrived kind, but an awareness and receptiveness of positive occurrences and a light attitude can be staples of your life.

The fabric of our lives, of our very existence, the stuff around us everywhere—all the elements of our world are defined by our connected humanity, our essential reality of connectedness. It is because of this fabric that everything else has value or not.