



## Improv(e): Using Improv to Find Your Voice, Style, and Self

*Jen Oleniczak Brown*

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How often do you think, “I’m just not that good of a speaker”? Do you ever blame your bad listening on being overworked or stressed out? Perhaps you wish you could think and respond faster, or that you should be more yourself, and you just don’t know how?

Improv(e) provides you with ideas and activities that will immediately bring out your best speaking, listening, and social skills, all while helping you become your best, authentic, and unapologetic self.

## **Improv(e): Using Improv to Find Your Voice, Style, and Self Details**

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## **From Reader Review Improv(e): Using Improv to Find Your Voice, Style, and Self for online ebook**

### **Misty Madonna says**

This book gives a unique perspective about using improv can make you better at conversations, public speaking, and other communications skills. She sold me on the benefits of joining an improv class and now, I gotta find one.

Everyone can benefit from reading this. From interviewing for jobs to networking at meet-ups, this book is very helpful in being better at speaking AND listening.

You learn the Alexander Roll and the importance of warming up before you have a public speaking event.

I can't recommend it enough!

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