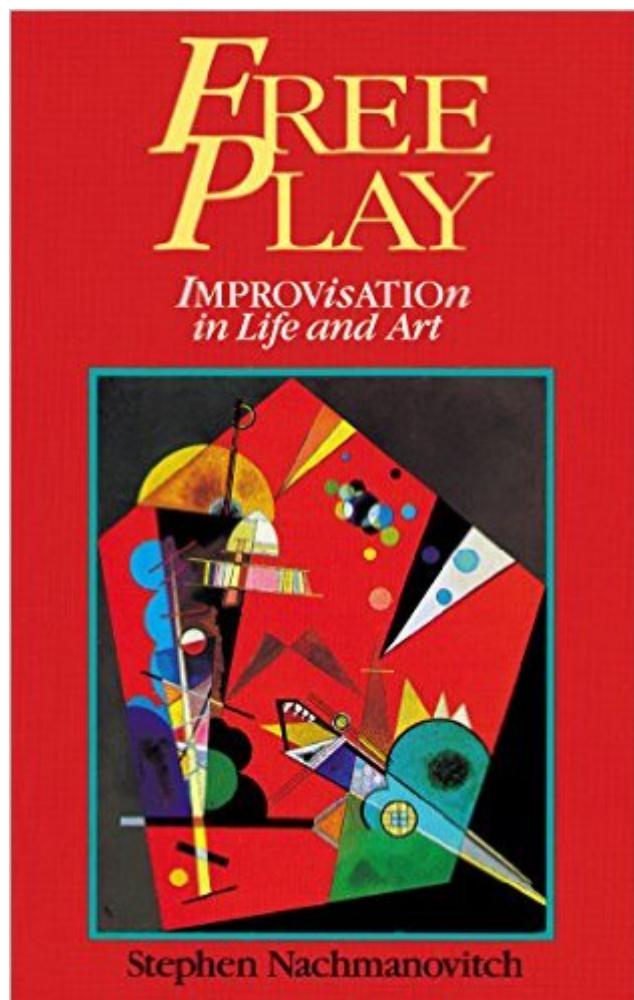


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# Free Play: Improvisation In Life And Art



## **Synopsis**

Free Play is about the inner sources of spontaneous creation. It is about where art in the widest sense comes from. It is about why we create and what we learn when we do. It is about the flow of unhindered creative energy: the joy of making art in all its varied forms. Free Play is directed toward people in any field who want to contact, honor, and strengthen their own creative powers. It integrates material from a wide variety of sources among the arts, sciences, and spiritual traditions of humanity. Filled with unusual quotes, amusing and illuminating anecdotes, and original metaphors, it reveals how inspiration arises within us, how that inspiration may be blocked, derailed or obscured by certain unavoidable facts of life, and how finally it can be liberated - how we can be liberated - to speak or sing, write or paint, dance or play, with our own authentic voice. The whole enterprise of improvisation in life and art, of recovering free play and awakening creativity, is about being true to ourselves and our visions. It brings us into direct, active contact with boundless creative energies that we may not even know we had.

## **Book Information**

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## **Customer Reviews**

Stephen Nachmanovitch has written more than just a book on improvisation and innovation. Contained within are anecdotes and lessons to be re-read. By combining an avid interest in Eastern religion and philosophy with the perspective and expertise of a seasoned musician, he has managed to deliver a book that challenges readers to live actively in order to live freely. For those looking for a more practical, hands-on approach to creativity that focuses on techniques with a modern business-oriented feel, this book would be a mistake. That said, let's continue on to what

can be found within. Mr. Nachmanovitch clearly knows his stuff (look into his educational background and you'll see why) and one would do well to be acquainted with some basics in American and English literature as well as Eastern philosophy to understand some of the allusions he makes throughout the book. I think this is where the feel of the book stems from. Additionally, all these philosophers and poets focused on an inward development and enlightenment which Mr. Nachmonovich believes to be critical for unblocking the creative process since, as the book introduces early on, all people are inherently creative. Living is a creative experience. Personally I will keep this book to re-read every few years to discover new things about myself and life, and so I recommend this to anyone to at least give it a try. This is not to say that there isn't room for improvement. I disagree with how the author organizes the concepts in the book because often they overlap and meld into each other. While this may serve the overall feel of the book by creating a sense of continuity and unity, it also creates confusion.

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