



Zen and the Art of Stand-Up Comedy (Theatre Arts (Routledge Hardcover))

By Jay Sankey



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In this engaging and disarmingly frank book, comic Jay Sankey spills the beans, explaining not only how to write and perform stand-up comedy, but how to improve and perfect your work. Much more than a how-to manual *Zen and the Art of Stand-Up Comedy* is the most detailed and comprehensive book on the subject to date.

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