

Zen and the Art of Stand-Up Comedy


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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Editorial Review

From Library Journal

Toronto-based comedian Sankey may not be a household name, but his how-to book is a worthy complement to Judy Carter's *Stand-Up Comedy: The Book* (Dell, 1989) and far better than Richard Belzer's slight *How To Be a Stand-Up Comic* (Citadel, 1992). While Carter offers more specific advice on joke writing to beginners, Sankey provides more depth, musing helpfully on writing, delivery, set structure, and more. He may be right to advise that naturally funny people can learn to do stand-up, but Sankey could say more about the daunting hurdles to latter-day professional success. His Zen references are judiciously sparse, and his conclusion that stand-up comics can learn from Zen about being "in the moment" and staying loose on stage rings true. For strong performing arts collections. —Norman Oder, "Library Journal"

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Review

"Jay Sankey offers aspiring stand-up comics a career's worth of wisdom in "Zen and the Art of Stand-Up Comedy. His advice [is] both thought provoking and practical."

—"Publishers Weekly, May 1998

Language Notes

Text: English, German (translation)

Users Review

From reader reviews:

Elaine Rode:

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