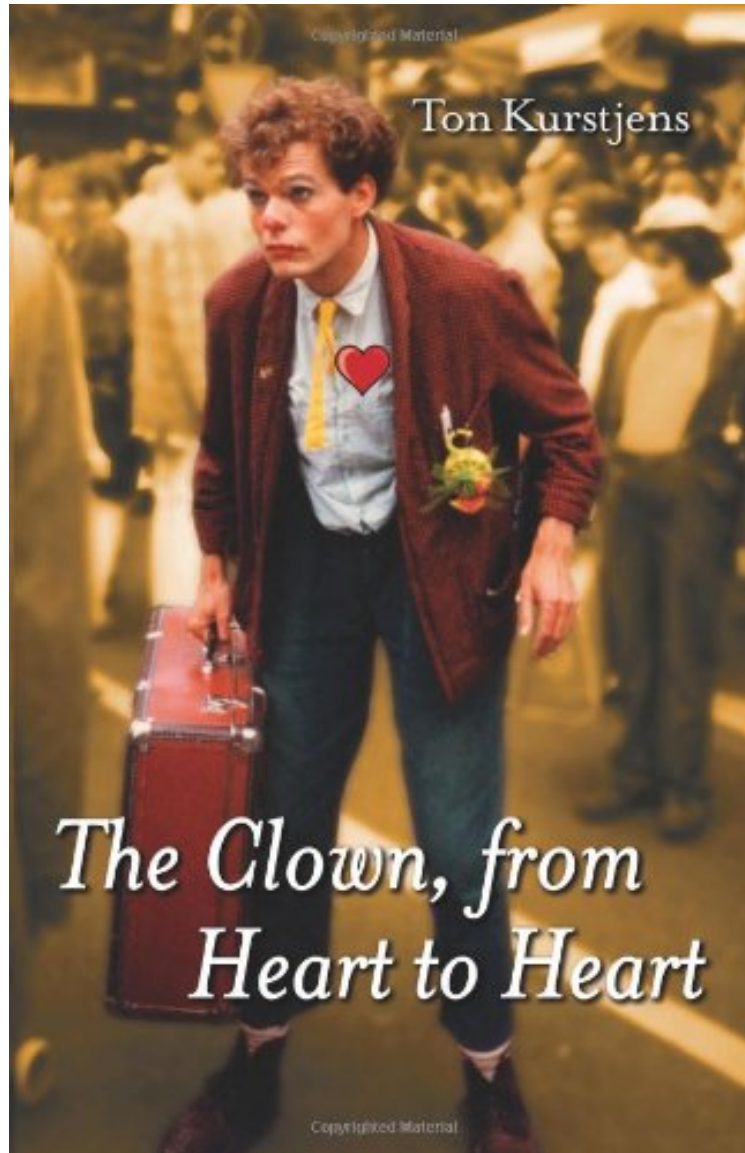


[Read now] The Clown, from Heart to Heart

The Clown, from Heart to Heart

Ton Kurstjens

*audiobook / *ebooks / Download PDF / ePub / DOC*



DOWNLOAD



+

READ ONLINE

#3545593 in Books Paragon Publishing 2011-02-18Original language:EnglishPDF # 1 8.50 x .44 x 5.51l, .55 #File Name: 1907611622210 pages | File size: 61.Mb

Ton Kurstjens : The Clown, from Heart to Heart before purchasing it in order to gage whether or not it would be worth my time, and all praised The Clown, from Heart to Heart:

0 of 0 people found the following review helpful. Obligatory reading for clownsBy Manuel van BaarsenAt first glance, The Clown, from Heart to Heart immediately captures the reader's attention. The somewhat mystical title and eye-catching photo cover arouse curiosity and wonder at the same time, creating an urge to open the book at once. Due to its clear and concise writing style, the inviting layout and attractive illustrations, the book reads very easily.If you're

looking for tips on circus acts, magic tricks or balloon figures, this book is not your cup of tea. As the title already reveals, clowning, in Kurstjens' view, is not about just putting on a red nose and silly clothes and trying to be funny. Rather, it involves childish curiosity, authenticity, accepting failure, sharing your feelings, unconditional love, etc. What makes this book distinctive, if not unique, is its blending of autobiographical anecdotes and clown theory. It is both interesting and inspiring to learn how the writer's childhood experiences - for instance the parental adherence to supposed social conventions and his subsequent underdog defence mechanism - unintentionally seems to have laid the foundation of his later clown. Moreover, one of the most useful features of the book is its large collection of practical how-to exercises that range from adopting a positive attitude to making contact with the audience. Each of them ends with a couple of reflection questions. One might almost believe that it is possible to become a professional clown just by doing a written self-study course. If I had to think of a drawback, it would be the absence of a subject index. The starting sentence of the back cover of *The Clown, from Heart to Heart* couldn't have been better chosen: "this book is a practical guide for clowning." For that very reason, it should be obligatory reading for anyone seriously involved in clowning.

0 of 0 people found the following review helpful. Not only for clowns
By Bart Roelofs
I am not a clown. And although I am not a clown, I liked reading the book. The exercises in this book will not only help you becoming a better clown but will also give you a look in the way people think, behave and react. And some of them can be helpful in all day life. The contributions of the course participants are with humour, sensible, emotional and will touch you right in the heart.

This book is a practical guide for clowning. It is filled with tools and techniques that will help you find your clown and become more open to your creative sources. The author examines and makes use of the powerful qualities that children possess: imagination, innocence, purity, spontaneity and lust for life. A clown is playful and optimistic. From behind world's smallest mask, the red nose, he invites people to drop their own masks and show their true selves. Being very sensitive, he is able to touch them deeply. This so-called contact clown wants to make a connection from heart to heart. Kurstjens is convinced that clowns can play a crucial role in our society: they can bring people together through their open communication. This richly illustrated book comes with 25 practical exercises, and provides useful information about essential themes in life: setting boundaries, overcoming emotional blockades, and daring to be vulnerable. It is not only meant to inspire clowns and clowning instructors, but also coaches, (communication) trainers, and everyone else who is interested in personal development. Ton Kurstjens (born in the Netherlands, 1959) started as an improvising clown in 1983. He played in Duo Het Elftal and Duo Biek and currently he conducts clowning courses for individuals and workshops for businesspeople. He also directs the clowning theatre performance *Met de Neus op de Planken* (literally: *With your Nose on Stage*) and he supports clowns and clowning groups.