

# Download Zen And The Art Of Stand Up Comedy

## Jay Sankey

A solid guide to the art of stand-up comedy as told by someone familiar with Zen and Meisner. Overall, I found this very helpful and useful in the idea behind and the work involved in honing the craft of stand-up comedy. This item: Zen and the Art of Stand-Up Comedy by Jay Sankey Paperback \$31.34 Only 9 left in stock - order soon. Sold by ayvax and ships from Amazon Fulfillment. Jay Sankey is a stand-up comic, writer, and cartoonist. For more than twenty years he has performed around the world and has made numerous television appearances. He lives in Toronto. For more than twenty years he has performed around the world and has made numerous television appearances. Editorial Reviews. 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).