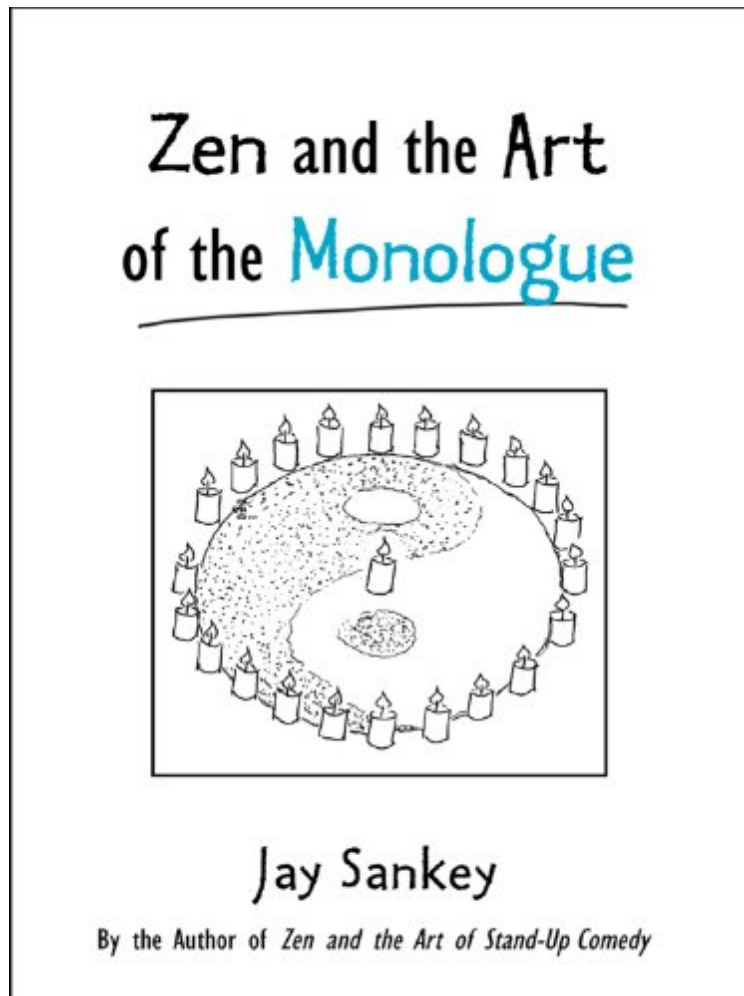


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## Zen and the Art of the Monologue

Jay Sankey

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**Jay Sankey : Zen and the Art of the Monologue** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Zen and the Art of the Monologue:

4 of 4 people found the following review helpful. Half good, half silly  
By Danielle Mari  
In my opinion, the fact that Sankey is a stand-up comedian actually hurts him. He seemingly feels some pressure to be funny and, therefore, shuffles silly non-nonsensical non sequiters throughout the book: "Do Siamese Twins Really Understand Double Entendres," "Are Parrots Really Psychic," "Why Is It Dangerous to Smoke in Bed?"... After the first two such interruptions, I have to admit that I just skipped the rest and read his actual advise. And the advise is pretty helpful. It's very much in line with other Zen books and is not totally unlike the Tao of Pooh. This isn't to imply that Sankey neglects pragmatic advise. In fact, he lays out some valuable ideas. I found especially useful what he had to say about script length, the performance space, and fringe festivals. The author also offers some sound advise about promoting a solo show. Inexplicably, however, Sankey neglects to mention internet promotions at all. I have to wonder if he wrote

this before the web really took off? (Though the copyright date is listed as November 2000!) Perhaps he's just not net saavy? Still- seems like a glaring omission that the editors, at least, should have noticed and remedied. Also, don't buy this expecting writing exercises. He has advise on how to start, but not an intensive set of prompts to get an eager but blocked pen writing. All in all, it's not a bad book. Unfortunately, I think it's way too expensive for its size (especially if you omit the useless silly sections).

Jay Sankey--stand-up comic, magician, and cartoonist--is back with another book for performers. Building on the success of his *Zen and the Art of Stand-up Comedy*, Jay is moving further into the uncharted wilds of solo performance.

About the Author Jay Sankey performs stand-up comedy and monologues wherever audiences gather. His *Zen and the Art of Stand-Up Comedy* is also published by Routledge. He lives in Toronto, Ontario.