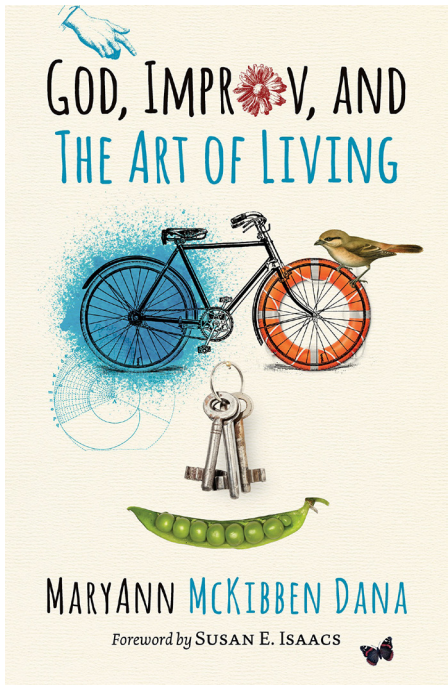


God, Improv and the Art of Living by MaryAnn McKibben Dana



*The Rev. MaryAnn McKibben Dana is a writer, free-range pastor, speaker, and coach living in Virginia. Like many authors, MaryAnn writes the books that she herself longs to read. So as a recovering perfectionist who likes her backup plans to have backup plans, she penned **God, Improv, and the Art of Living**, about embracing improvisation as a spiritual and life practice.*

<https://www.maryannmckibbendana.net/>

Order *God, Improv, and the Art of Living* from [IndieBound](#), [Amazon](#), [Barnes and Noble](#), or the bookseller of your choice.

The central principle of “yes, and...” in improvisational theater has produced a lot of great comedy. But it also offers an invigorating approach to life in general, and the spiritual life in particular. From Moses to Ruth to Jesus, Scripture is full of people boldly saying “yes, and . . .” as they accept what life throws their way and build upon it.

Pastor, speaker, and improv aficionada MaryAnn McKibben Dana here blends Scripture, psychology, theology, and pop culture in a wise, funny, down-to-earth guide to improv as a practice for life. Offering concrete spiritual wisdom in the form of seven improvisational principles, this book will help readers become more awake, creative, resilient, and ready to play—even (and perhaps especially) when life doesn’t go according to plan.

“We are all improvisers,” says McKibben Dana, “whether we realize it or not. We improvise in order to get through the day. We improvise when life surprises us. We do it without even thinking about it. This book will help you do it better.”