

## TABLE OF CONTENTS

Foreword by Mike Myers .....	1
Introduction I .....	3
Introduction II .....	6
<b>CHAPTER ONE</b>	
<b>What Is Improv, Anyway?</b> .....	13
<b>CHAPTER TWO</b>	
<b>But Seriously, Folks</b> .....	23
<b>CHAPTER THREE</b>	
<b>Support and Trust</b> .....	37
<b>CHAPTER FOUR</b>	
<b>Agreement</b> .....	45
<b>CHAPTER FIVE</b>	
<b>Initiations and Game Moves</b> .....	57
<b>CHAPTER SIX</b>	
<b>Moment to Moment to Moment</b> .....	71
<b>CHAPTER SEVEN</b>	
<b>Building a Scene</b> .....	81
<b>CHAPTER EIGHT</b>	
<b>One Mind, Many Bodies</b> .....	91
<b>CHAPTER NINE</b>	
<b>Environmentally Aware</b> .....	101

<b>CHAPTER TEN</b>	
<b>Responsibilities of a Harold Player . . . . .</b>	<b>117</b>
<b>CHAPTER ELEVEN</b>	
<b>How to Do a Harold . . . . .</b>	<b>133</b>
<b>CHAPTER TWELVE</b>	
<b>Harold As a Team Sport . . . . .</b>	<b>149</b>
<b>About the Authors . . . . .</b>	<b>151</b>