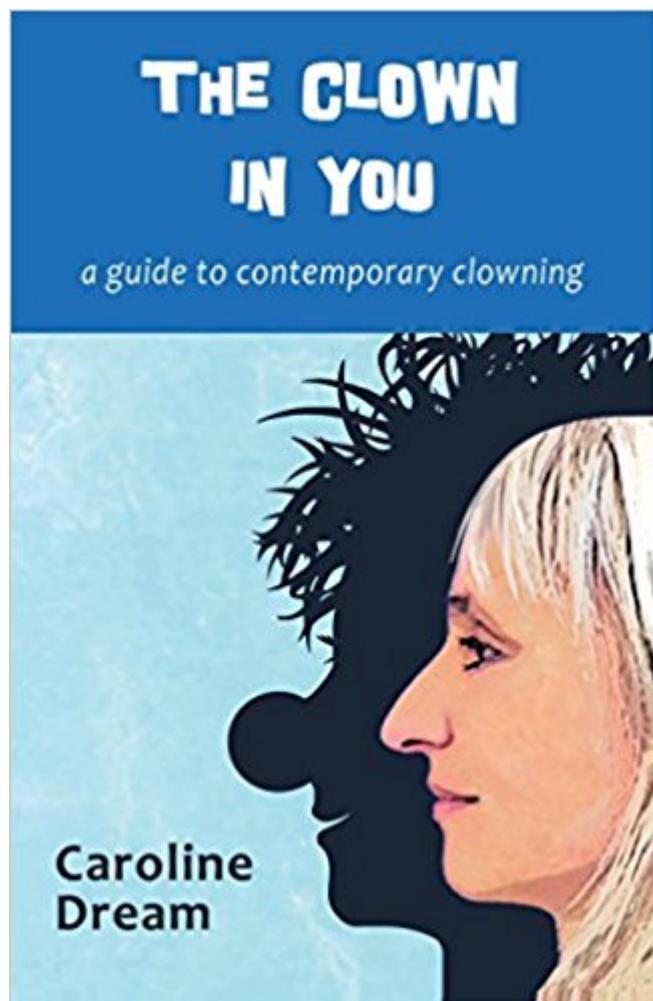


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# The Clown In You



## Synopsis

THE CLOWN IN YOU is a clowning manual for students, teachers and practitioners. It contains all kinds of valuable clown knowledge; both practical and theoretical. Within its pages readers will find all the basic principles of clowning, first-hand clowning experiences, tried and tested clown games and exercises, quotes from interviews Caroline held with professional clowns, examples of clown improvisations, and explanations of the clown philosophy underlying all the comic techniques used by clowns. The book thus provides an unprecedented insight into the heart of clowning and throws a fresh light on all the skills, audacity and dedication needed to encounter, encourage and set free one's clown. Caroline has worked with clowning from the inside out and the outside in. She writes from the perspective of a life spent investigating her art, both as a professional clown and as an international clown teacher. This is a must read for anyone wanting to learn more about the art and practice of clowning, or for anyone simply interested in becoming a healthier, happier and less inhibited person.

“Discovering your clown and allowing yourself complete freedom of expression is an addictive experience; an adventure sport, whose only drawback is that when you're on your way home you feel an urgent desire to keep on practising

it.”

**CONTENT**S

The first three chapters introduce the reader to the art and craft of clowning as practiced by professional clowns throughout the world today. They also clarify all the misconceptions that have arisen around the clown that in reality hinder a student's ability to be funny. Chapters four to ten tackle specific areas of clown technique. Each chapter contains explanations of the reasons for, and reasoning behind, each element of the technique, plus guidelines and examples of how it all works on a practical level. Chapter eleven explores one of the least discussed aspects of clowning; the most common fears students face and how they can be dealt with. The final chapter examines the necessary ingredients for clowning success. It also covers the phenomenon of “flying”, finding one's own unique comic wings.

**WHAT THE PROFESSIONALS HAVE SAID ABOUT THIS BOOK:** "Cuts past all the jargon and unhelpful generalizations about clowns and tackles the clown's creative process with the kind of insight that can only come from a seasoned performer. Highly recommended for both beginners and experienced clowns."JOHN TOWSEN, author of "Clowns", director of The (Very) Physical Comedy Institute, U.S.A.

“Superbly documented 30 years of experience is an invaluable source of reference for professionals, hobbyists and teachers. One of the most illuminating and insightful clown development guidebooks that I have read.”

ROB FLORENCE, physical theatre teacher at The Arts & Entertainment College, NL

“Every clown, aspiring or professional, should have this book in their library. It's a great resource for helping clowns discover

deeper layers of their character and creating powerful material. Packed with invaluable gems for understanding and creating in the art of clowning. **ROB TORRES**, clown, The Big Apple Circus, U.S.A. **“In this book I have found fantastic exercises and material which will inspire clowns to play and, most importantly, help keep their idiot present.”** **AITOR BASAURI**, Spymonkey, UK **“This book is a shortcut to your inner clown, a seductive invitation to joy and freedom, a lodestar for highly effective human development.”** **ANDRÁS AGUILAR**, Clown, Founder of Risaterapia.org, MEXICO **“Caroline offers us her 30 years of clowning experience, disclosing a clown philosophy I fully concur with. I wholeheartedly recommend this book.”** **ANTÓN VALDÉN**, clown with Cirque du Soleil (Alegria & Kurios), ESP

## **Book Information**

Paperback: 236 pages

Publisher: Alejandro Carlos Navarro Gonzalez; 1 edition (June 27, 2014)

Language: English

ISBN-10: 8461696522

ISBN-13: 978-8461696529

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 13 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,362,998 in Books (See Top 100 in Books) #132 in Books > Arts & Photography > Performing Arts > Theater > Circus #1109 in Books > Humor & Entertainment > Humor > Comedy

## **Customer Reviews**

Caroline Dream (UK) Studied a B.A Theatre degree at Exeter University before training at the UK's premier circus school, Fooltime (Bristol). A professional clown since 1985 she has performed in theatres and festivals throughout Europe. Caroline first started teaching clown in 1998 and has since taught over 200 courses in Spain, Portugal, Germany, Puerto Rico, Mexico, Peru, Colombia, Costa Rica, and the U.S.A (in Las Vegas, training Cirque du Soleil artists). She has lived in Barcelona, Spain since 1989. For more information about the author: [www.carolinedream.com](http://www.carolinedream.com)

The Clown in you is a great read for all clowns at all levels of experience. Weather you are just learning how to discover your clown or you are a working professional such as myself. You can learn a lot about clown theory from this book. I'm a professional circus clown currently on tour with

Ringling bros and Barnum&Bailey circus. I always want to be the best clown I can be. I believe with my whole heart that as a clown you never stop learning. Reading this book has given me more of an understand of why I do some of the things I do when I am clowning. It's also giving me some very helpful ideas to help me stay true to my character. When you are working the ring with twelve other clowns. It's very important you know your character and how to stand out. I hope this review was helpful and every clown that buys this book learns as much as I did while reading it. I also hope to see more material put out from this very talented clown and author.

This is the best book I've read concerning why be a clown and what is a real clown. Caroline explains in great detail the reasons for being a clown and what you can do to build your clown character. This is a must read for the beginning clown and even the full time professional clown who has been clowning for a long time. I highly recommend this book to anyone who wants to grow in his/her clown.

Good book. Good info. A welcome addition to my library.

The Clown in You is a very useful book for the serious student of clowning (professionals included) as well as for beginners. It is, as the subtitle promises, "contemporary clowning," aka the "personal clown" or the "clown from the heart." There is very little on clown gags, no formulas for creating material. It really is about using your own innate joy, silliness and, yes, stupidity, to forge a clown character unique to you. As the old saying goes (no, I don't know who said it first), clowns characters aren't created, they are uncovered. [see my whole review at:  
at:<http://physicalcomedy.blogspot.com/2014/08/book-report-clown-in-you-by-caroline.html>](http://physicalcomedy.blogspot.com/2014/08/book-report-clown-in-you-by-caroline.html)

I have just finished this book and will re-read it. Very useful discussion on the "why do it". As a working professional I often question myself on my motivation for this as a career choice. Unfortunately there are teachers holding courses shrouded in mystery leaving the student dazed and confused and I think this manual acts as a very useful coaching aid and a reminder that everyone has to struggle to master their art. As the author states there are no instant cures without hard work but the journey will be easier with positive encouragement.

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