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How to Unlock Your Creativity and Imagination

Working with a group, be it at a workshop, in a classroom or on a retreat, should be one of the most exciting learning experiences in the world, for the group leader as well as for the participants. People who work in creative professions, such as teachers, coaches, youth leaders, actors and directors, sometimes face the challenging task of coming up with new ideas when dealing with individuals or groups. Some just want to try new things.

A new book by Boston theater professional, Jeannie Lindheim, presents a treasure trove of insights to help increase cohesiveness and creativity. *Trusting the Moment* includes fifty unique exercises for those who work creatively: Teachers, Group Facilitators, Helping Professionals, Therapists, Coaches, Directors and Actors, Drama/Art/Music and Creative Writing Professors, Youth Leaders and people who like to have FUN! The exercises in the book are designed to help people foster self-esteem and confidence; get to know themselves in new and exciting ways; build memory, concentration and listening skills; become more flexible, physically and emotionally; and learn how to live in the moment. The section on the Art of Group Leadership is a valuable resource for group leaders in any field. *Trusting the Moment* also provides an extensive resource section for further exploration.

The purpose of this book is to give the reader a set of tools that will make them a more effective, exciting and excited artist and/or group leader. It includes ideas on the art of group leadership, as well as specific suggestions for group procedures. The heart of the book includes fifty exercises that will:

- Break the ice when your group first meets
- Free people from the blocks and inhibitions that many people bring to one-on-one and to group situations
- Encourage your group members to be open, vulnerable and trusting with each other
- Build a warm and supportive environment, where each person will feel free to express his or her own creativity and joy
- Develop a bond between group members that will allow each one to be spontaneous and take risks

These exercises have created marvelous transformations in the attitudes and work of thousands of actors and directors, and now Ms. Lindheim is sharing them with everyone.

About the Author: Jeannie Lindheim, MFA has taught acting, movement, improvisation, creativity, auditioning, and characterization techniques for thirty years. She is the founder of the Hearts and Noses Hospital Clown Troupe in Boston, which has entertained over 50,000 children, and is the author of a unique training program in improvisational hospital clowning that has made a difference in the lives of hospitalized children in twenty-three countries. She is currently the director of Jeannie Lindheim's Center for Creativity in Boston, MA.

Trusting the Moment: Unlocking Your Creativity and Imagination

Jeannie Lindheim

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To arrange an interview with Jeannie Lindheim, to receive cover art, or for any additional information, please contact Sharon Castlen, 631-979-5990 or sharon@optonline.com.



SATYA HOUSE PUBLICATIONS

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About the Author: Jeannie Lindheim



Jeannie Lindheim has taught acting, movement, improvisation, creativity, auditioning, and characterization techniques for thirty years at a variety of educational institutions including The Boston Conservatory, Harvard University Law School (Theater in the Courtroom), Boston University, Boston College, Lesley University's Graduate Expressive Therapies Program and others. She ran her own theater school for thirteen years. She is currently the director of Jeannie Lindheim's Center for Creativity – Turning Inspiration into Action, where she offers diverse workshops.

In 1996, she traveled to Russia with Patch Adams. Upon her return to Boston, she founded the Hearts and Noses Hospital Clown Troupe, which has since entertained over 50,000 children. After Hurricane Katrina, Jeannie went to Houston to support the New Orleans evacuees there. She spent a week at the George R. Brown Convention Center clowning and doing "by the cot" visits to 1,100 people. She has also written a unique Training Program for improvisational hospital clowning that has been sold throughout the United States as well as in twenty-three other countries.

Jeannie has conducted more than 100 regional and national workshops for primary care and specialty physician groups on Dealing with Challenging Patients and Situations, and Communicating to Patients with Life-Threatening Illnesses. She has worked with every age group and many different types of groups including teachers, theater companies, actors, sociology professors, high school principals, law students, high school dropouts, graduate and undergraduate students in education, physicians, nurses, senior citizens, teenagers, young children and people with disabilities.

Jeannie was a recipient of the 1999-2000 Boston Celtics' "Heroes Among Us" Award, in recognition of "individuals in our community who have made an overwhelming impact on the lives of others." In 2003, she was a recipient of the Exceptional Women Award sponsored by Boston's radio station Magic 106.7. In 2005, she was featured in Joanne Gordon's book, *Be Happy at Work: 100 Women Who Love Their Jobs, and Why*.

Jeannie has acted professionally and holds a Master of Arts degree in Dramatic Literature from the University of California and a Master of Fine Arts from Brandeis University. She also studied theater at the Royal Academy of Dramatic Art in London and HB Studios in New York City. She currently lives in Boston with her husband.

For more information visit:
www.hospital-clowns.org
www.center4creativity.org
www.trustingthemoment.com

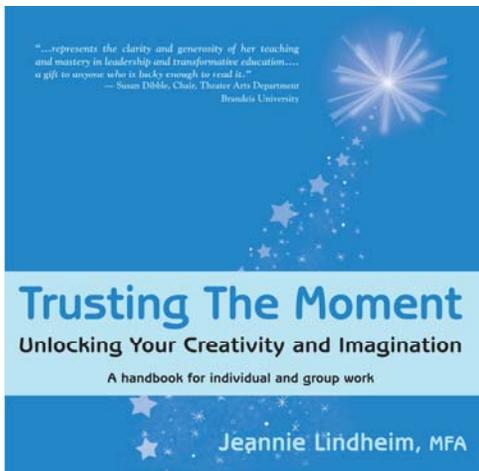
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What people are saying about *Trusting the Moment*. . .



“Jeannie Lindheim's carefully structured book represents the clarity and generosity of her teaching and mastery in leadership and transformative education. I read it with curiosity and marked many pages because after 30 years of teaching movement I am still hungry for new forms and exercises. I believe that this book is a gift to anyone who is lucky enough to read it.”
—**Susan Dibble Chair, Theater Arts Department at Brandeis University**

“*Trusting the Moment* is a gem. I applaud Jeannie for writing a Handbook that captures all the areas that encompass group leadership. Areas that are often not named or can take leaders by surprise when they are first facilitating. This Handbook is packed full of ideas but even more it really gives leaders in any field the possible pitfalls and ways to handle the tough situations when leading groups. Jeannie's passion and love for her work and years of experience give us a book that will be useful for group leaders in most fields. I

will recommend this book to my students in teaching and in community leadership as well as to my peers. This book captures the 21st century skills that are greatly needed to sustain us in this very high tech society.”

—**Prilly H. Sanville PhD, Director of the Arts, Community and Education Masters Program/Creative Arts in Learning Lesley University**

“If experience is the best teacher, then Jeannie Lindheim is the next best thing—a teacher who has created 50 powerful experiences that help people learn how to be fully alive, compassionate, courageous, creative human beings. This book is a goldmine of ideas for anyone interested in the burgeoning field of experiential education. I recommend it enthusiastically!”
—**Richard Borofsky, Clinical psychologist, Co-founder Center for the Study of Relationship**

“Jeannie's book is really wonderful, and a very important book for the audiences she mentions. For a theater person, reading through these exercises is pure joy! The exercises themselves are crystal clear in all respects: purpose, procedure, notes, feedback are all extremely well explained. That means the exercises will be of great value to non-theater people who need some guidance in understanding what each exercise is trying to achieve.”

—**Gary Genard, Founder and President Public Speaking International**

“This well organized book can help you facilitate groups with a wide variety of stimulating new ideas and exercises to awaken self-awareness and creativity. Jeannie Lindheim comes from a theater background with experience in offering challenging and meaningful improvisations. She has also written about the art of group leadership, which is the most important part of facilitating any group. Using movement, art, journal writing and improvisation integrates all of the senses as this book suggests. It looks like fun to be in her group or to use these ways of facilitating.”

—**Natalie Rogers, PhD, author of *The Creative Connection: Expressive Art as Healing (1993)* and *The Creative Connection for Groups: Person-Centered Expressive Art for Healing and Social Change***

“The book is like a toy store for teachers who love to teach: so much fun, expanding the possibilities, making the impossible seem possible.”

—**Ken Baltin, Actor and Teacher, The Boston Conservatory**

“I have just finished *Trusting the Moment* and find it as compelling as Jeannie herself. It gives excellent guidance and support to group leaders and I think leaders of many kinds of groups will want to use this book. Her whole section on the Art of Group Leadership is superb. The exercises are exciting and original. As the author of eight books, I was impressed by the clarity and sincerity of the writing in *Trusting the Moment*. The book flows along well. As a long-term professor, sociologist, group leader and writer, I endorse and applaud Jeannie's book.”

—**Ruth Harriet Jacobs, PhD, author and former Chair of Sociology Department at Clark University**



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"Jeannie Lindheim's heartfelt book is a terrific resource for theatre teachers. Full of imaginative exercises and step-by-step instructions, it will be valuable in many classrooms. Very useful for ensemble work!"

—**Dmitry Troyanovsky, Instructor at Tisch School of the Arts at NYU, Theater Director**

"I found Jeannie's book delightful, practical and very well composed. It will be a very valuable resource for group leaders. Her spirit of joy and enthusiasm is on every page. Bravo! I can't say which are my favorite exercises; they all were great and very easy to read in the format she chose. I'm impressed and appreciative."

—**Thomas Yeomans, PhD, Founder/Director, the Concord Institute**

"Cultivating spontaneity is the key to the development of the capacity to be really adaptive in a time of increasing changes. This book offers practical techniques for acquiring the skills of creativity and flexibility."

— **Adam Blatner, MD, retired psychiatrist and author**

"What a lovely, eclectic cookbook for learning to live more creatively in the here and now. With exercises adapted from actor training, improvisational theatre, psychodrama, gestalt, transactional analysis, sensory awareness, and a thousand other sources (the quotes from sources are truly wonderful), Jeannie Lindheim's book clearly shows the path to becoming more fully alive. Although *not therapy*, her work touches profoundly on the healing power of spontaneity and creativity. What a delight!"

— **Stephen Snow, PhD, RDT-BCT, Chair, Department of Creative Arts Therapies
Concordia University, Co-Founder, The Centre for the Arts in Human Development**

"Wow, awesome... Fantastic information and exercises. This book is great for coaches because a lot of exercises help us to get other perspectives or in touch with secret/hidden aspects of ourselves. Trusting the Moment is so very full of great ideas and wisdom. I am inspired."

—**Christine Thomas, CPCC, ORSCC, Certified Life and Relationship Coach**

"Jeannie Lindheim has written an invaluable guide and support for teachers and group leaders. As someone who's taught acting for thirty years I thought I knew more than enough exercises. Reading the book, I found a number of new ones that I can use and adapt to my class demands. The layout is clear, concise, and simple, yet rich in content and real substance."

—**Ingrid Sonnichsen, Associate Teaching Professor of Acting, Carnegie Mellon University**

"Jeannie Lindheim's handbook gives you lifetimes of her invaluable insights. You'll learn how to creatively inspire people to see new ways of being - and seeing - what's possible for themselves and for others. The book has three lifetimes of invaluable experiences or more."

—**Nance Guilmartin, author, *The Power of Pause: How to Be More Effective in a Demanding 24/7 World and Healing Conversations: What to Say When You Don't Know What to Say***

"Jeannie has done a wonderful job in this book of making accessible to any group or organization a treasure trove of exercises culled from her years of experience as an acting teacher. She teaches people how to lead each exercise successfully and lays out what problems to be aware of. This book would be particularly useful for teachers, directors, and leaders in any situation that involves group dynamics. She teaches you how to lead, and has tips for people who are just starting out, as well as advanced exercises for serious professionals interested in doing advanced work."

—**Davis Robinson, Professor of Theater, Department of Theater and Dance, Bowdoin College**

"I thought all of the exercises were great.... *Trusting the Moment* is written very clearly and in such a supportive way, both for the leader and the participant....The quotes serve to deepen the reader's experience and understanding of the goal of the exercise, beyond the exercise itself. The book got my creative juices going. Jeannie is so supportive and encouraging to teachers and students."

—**Beth Davenport, Psychotherapist, consultant and educator**



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“This is a go-to guide for exercises that facilitate relationships through meaningful -- and what we are now forced to call "live" or "real-time" -- human interaction. Jeannie's activities constitute an ethics of group bonding by harmonizing the heart of the individual with the soul of the community.”

—**Daniel Spector, Director, Instructor in Drama, NYU/Tisch School of the Arts, Department of Drama**

“*Trusting The Moment* doesn't compare to any other book on the market. Like Jeannie, this book is in a league all its own. It doesn't matter whether you work in education or the business world, these structured activities help people to be more of who they can be. Jeannie's magic is sprinkled on every page! Her zest for life and wonderful connection to living in the 'here and now' touches everyone who meets her and will touch everyone who reads this handbook. Her creativity, clear insights, and enormous passion for working with people shine through each page. She is very knowledgeable and skillful in a variety of areas and draws from different fields to put it all together. Her focus on growth and development will help any teacher, facilitator, leader take a group to the next level and have fun doing so!”

—**Joann Javons, Certified Coach and Organization Development Consultant**

“*Trusting The Moment* offers clear guidance for group leaders and about how to use theater improvisations for a variety of purposes. They are wonderful to attune and warm up a theater ensemble, working on developing an original play. They are very adaptable in education settings to develop students' creativity and help make learning more fun. The exercises can be used in corporate management training venues to help executives develop their creativity and spontaneity as they balance their intuitive, creative right brains with their analytic left brains. In clinical healing settings, they can serve as effective warm up exercises in group psychodramas and drama therapy structures for many different kinds of populations. Jeannie also includes illuminating teaching quotations from great teachers, writers and philosophers. This inspiration creates a transformational container which elevates each of the exercises and sets the tone for deeper personal growth and realization.”

—**Saphira Linden, Artistic Director, Omega Theater**

“Jeannie has such an impressive wealth of knowledge and ideas!!! The exercises are a goldmine. Her voice and passion about this work comes through so powerfully! What I found valuable were the suggestions for alternative ways to conduct an exercise, what to expect in some cases and how to handle difficult situations.”

—**Ilana Traverse, Principal of IMA Associates, Consultant, Instructional Designer, and Facilitator**

“I took your book straight out into the field and used it on the spot. I used it as an inspiration. After teaching for so many years (my fist class as an acting teacher was in 1980) it was a blast for me to get into this book and be inspired.”

—**Per Brahe, Faculty at Tisch School of the Arts at NYU**



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