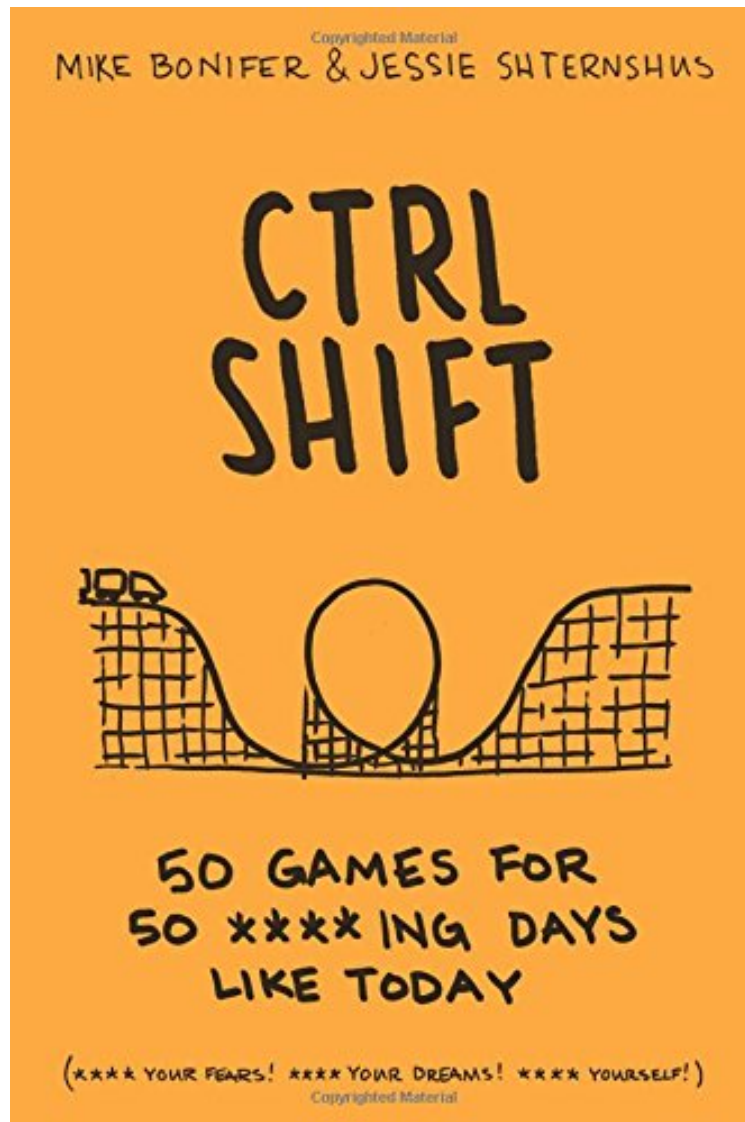


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## CTRL-SHIFT

*Mike Bonifer, Jessie Shternshus*

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**Mike Bonifer, Jessie Shternshus : CTRL-SHIFT** before purchasing it in order to gage whether or not it would be worth my time, and all praised CTRL-SHIFT:

4 of 4 people found the following review helpful. A Much Better Alternative to ALT-DELETE!By Shawn UtterbackThis \*\*\*\*ing book is a great \*\*\*\*ing resource in spite of the \*\*\*\*ing over use of \*\*\*\*ing \*\*\*\*'s. I love the way these exercises help you creatively solve problems by giving you the tools to think outside of your normal patterns of thinking. Some of my favorites are "A foggy day", "the day you loosen up", and "The day the competition makes a move". Honestly, these 50 games can get you through 365 days a year. It's no wonder that Jesse and Mike are

well sought out speakers and trainers. Buy one for yourself and one for your clients0 of 0 people found the following review helpful. Improv for Agile and Team CoachingBy Ryan RipleyI met Jessie at Agile Coach Camp 2016 in St. Louis and was immediately intrigued by her application of improv techniques to agile coaching. The exercises and techniques that she and Mike describe in CTRL-SHIFT have proven immediately useful, especially those geared towards keeping a positive attitude despite being in a negative environment. This is an immensely practical and useful book that I find myself referring to regularly, especially when I need an idea for a \*\*\*\*ing day like today. :-) Highly recommended.2 of 2 people found the following review helpful. Great for creativityBy David W. GrayMy favorite thing about this book is the way it connects exercises with specific life situations. This makes it a practical and useful guide to breaking out of habits and routines to generate real breakthroughs.

What kind of day are you having? Is it a \*\*\*\*ing day? Or is it a \*\*\*\*ing day? What are you going to do about it? Mike Bonifer and Jessie Shternshus, who teach companies around the world how to apply improvisation to business, have created 50 original improv games tailored to the kind of \*\*\*\*ing day you're having. From the bathroom to the board room, and every stop in between, this fun and engaging book helps you get the craziness under control.