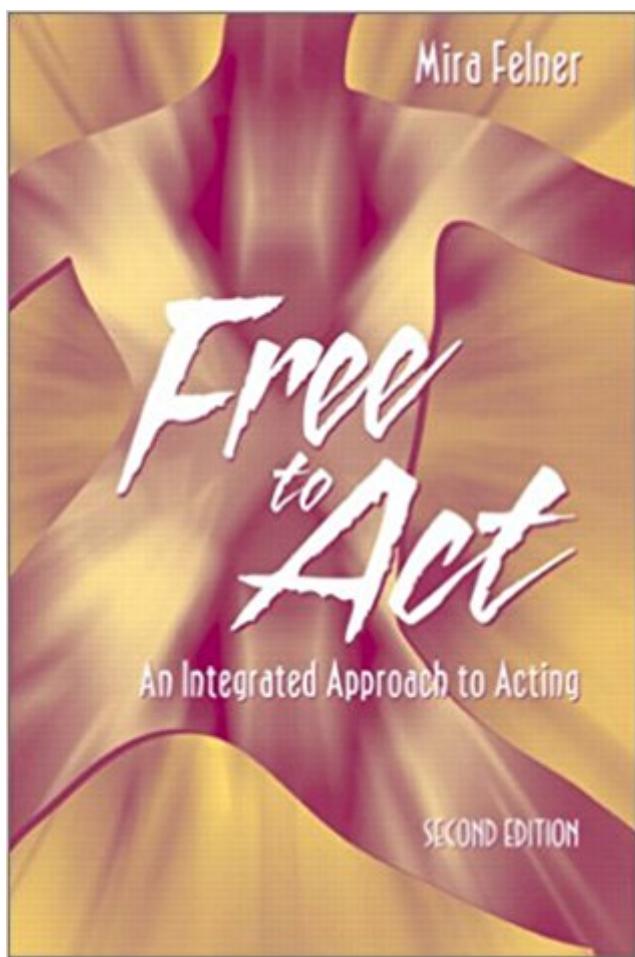


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# Free To Act: An Integrated Approach To Acting (2nd Edition)



## **Synopsis**

Free to Act presents a holistic approach to actor training that integrates physical and psychological technique. Its integrated approach emphasizes the idea that the body informs the mind and that emotion is rooted in physical action. Providing a carefully developed system of training, Free to Act guides the student-actor through the complex process by which an actor is formed.

## **Book Information**

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## **Customer Reviews**

Free to Act presents a holistic approach to actor training that integrates physical and psychological technique. This text makes the complexities of acting intelligible and accessible to the beginning actor through its system of more than 150 progressively developed exercises with guides for self-analysis and journal entries. Its integrated approach emphasizes the idea that the body informs the mind and that emotion is rooted in physical action. Providing a carefully developed system of training, Free to Act guides the student-actor through the complex process by which an actor is formed. Features: Includes 153 in-chapter exercises accompanied by guides for self-analysis, enabling students to integrate intellectual understanding with experiential knowledge. Illustrates difficult exercises and concepts with exercise photos and line drawings throughout the text. Offers guides to keeping an acting journal, enabling students to better understand and integrate experiential material Offers guides to criticizing peer work in class in order to develop a thinking actor and create a positive classroom atmosphere. Features production photos to illustrate techniques in performance. Demonstrates text analysis for action and intention with a sample

scored scene in Chapter 12.

great

Got the job done,

An absolutely amazing book. Detailed and definitive in instruction.

Great condition! Great price!

This product was great helpful and very much needed. I gave it five stars for greatness and coolness yeah yippee!

This was for my theatre acting 1 class, i really enjoyed that class and this book. It has very interesting activities

Came in exactly how description said.

I have been teaching acting for twenty years and this is one of the few books to come along that I can consistently turn to for a mixture of useful exercises and intelligent explanations.

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