

The Actors Secret

The Actor in You serves as an introduction to beginning acting by helping students realize that they already possess the basic skills of an actor. This text enhances the student's appreciation of the art of acting by helping them realize that they already possess, in principle, the following skills: the ability to play a role, the ability to fulfill the sense of drama and to structure dramatic scenes, and the capacity to express emotion. Without

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losing its simplicity, directness, and enjoyable writing style, this revised and enlarged edition has benefited from helpful suggestions by teachers who have used it successfully in the classroom. Drawing exercises and examples from students' everyday lives and from well-known films and television programs, Benedetti succeeds in deducing dramatic principles from those experiences and then applying them to everyday life for artistic purpose. Still organized in sixteen steps meant to correspond to the weeks of a typical

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semester or school year, *The Actor in You* provides a direct, concise presentation and explanation of fundamentals for beginning students.

EDITION 2: Revised with some new material gathered through 13 years of teaching these concepts at writers conferences.-----Want to bring characters to life on the page as vividly as fine actors do on the stage or screen? *Getting Into Character* will give you a whole new way of thinking about your writing. Drawing on the

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Method Acting theory that theater professionals have used for decades, this in-depth guide explains seven characterization techniques and adapts them for the novelist's use. You'll discover concepts that will lead you to understand and communicate the motivation and psychology of all your characters. These highly effective techniques will help you: ~ create characters whose distinctive traits become plot components ~ determine each character's specific objectives and motivations ~ write natural, meaningful

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dialogue that moves the story forward ~
endow your characters with three-dimensional
emotional lives ~ use character motivation to
bring action sequences to exuberant life ~
write convincingly about any character facing
any circumstance

A professional stage and film writer/producer
explains how to prepare for an audition, land
a role and truly become the character.

Original.

Confessions of a Casting Director is a must-
have for any aspiring actor or stage

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parent—the definitive guide to breaking into film, television, theater, and even YouTube from longtime casting director and studio executive Jen Rudin. Packed with information that aspiring actors want, her up-to-the-minute expert advice is essential for anyone pursuing an acting career. Jen Rudin demystifies the often intimidating and constantly changing audition process, sharing insider tips on preparing for every type of audition: musical theater, television (including commercials and reality TV), and film to

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voiceovers, animated movies, and even web series. In this comprehensive guide, Rudin covers everything today's actor needs to succeed, including finding an agent or manager; using technology to your advantage; the demanding world of child acting; the pros and cons of New York vs. LA; turning a callback into an offer for the role, and much more. Every actor should walk into an audition room feeling confident and prepared, and this book is full of the Dos and Don'ts, sure-fire tricks, and must-have information to help turn

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rejection into that first big break. Complete with checklists, easy-to-follow game plans, and advice from real actors, agents, and entertainment industry professionals, Confessions of a Casting Director is like having your own private audition coach.

Secrets of Performing Confidence
The Ultimate Young Actors Guide
Hiding in Plain Sight
Exercises, Inspiration, and Guidance for the 21st Century Actor
Mythic Imagination and the Actor

Achieving Your True Potential as an Actor

How to Become a Famous Actor - in 1 Year

“I call this book *The Intent to Live* because great actors don’t seem to be acting, they seem to be actually living.” -Larry Moss, from the Introduction When Oscar-winning actors Helen Hunt and Hilary Swank accepted their Academy Awards, each credited Larry Moss’s guidance as key to their career-making performances. There is a two-year waiting list for his advanced acting classes. But now

everyone-professionals and amateurs alike-can discover Moss's passionate, in-depth teaching. Inviting you to join him in the classroom and onstage, Moss shares the techniques he has developed over thirty years to help actors set their emotions, imagination, and behavior on fire, showing how the hard work of preparation pays off in performances that are spontaneous, fresh, and authentic. From the foundations of script analysis to the nuances of physicalization and sensory work, here are the case studies, exercises, and insights

that enable you to connect personally with a script, develop your character from the inside out, overcome fear and inhibition, and master the technical skills required for success in the theater, television, and movies. Far more than a handbook, The Intent to Live is the personal credo of a master teacher. Moss's respect for actors and love of the actor's craft enliven every page, together with examples from a wealth of plays and films, both current and classic, and vivid appreciations of great performances. Whether you act for a living

or simply want a deeper understanding of acting greatness, The Intent to Live will move, instruct, and inspire you. In this updated rich resource for actors, renowned movement teachers and directors reveal the physical skills needed for the stage and the screen. Readers will gain remarkable insights into the physical skills and techniques used in a wide variety of performance styles through ready-to-use exercises and approaches. Included in this new edition are chapters covering: Stage combat Yoga for actors Martial arts Body-

***mind centering Authentic movement
Bartenieff fundamentals Grotowski-based
movement Those who want to pursue
serious training will be able to consult the
appendix for listings of the best teachers
and schools in the country. This inspiring
collection is a must-read for all actors,
directors, and teachers of theater looking
for stimulation and new approaches.
Allworth Press, an imprint of Skyhorse
Publishing, publishes a broad range of
books on the visual and performing arts,
with emphasis on the business of art. Our***

titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

The Actor's Secret Techniques for Transforming Habitual Patterns and Improving Performance North Atlantic Books
When his best friend is murdered after a prediction from his psychic, former child star Jarrod Jarvis, his lover Charlie, and their dog Snickers must wade through a wealth of suspects to catch a killer impersonating an actor. Reprint. 10,000 first printing.
Secrets Every Actor Needs to Know
Confessions of a Casting Director
Getting Into Character
All That Heaven Allows

**Secrets of Successful Actors
Help Actors Land Any Role with Secrets
from Inside the Audition Room
Getting the Role and Making it Shine**

Women's bodies and the study of anatomy in Italy between the late thirteenth and themid-sixteenth centuries.

Fifteen-year-old Ari Mendoza is an angry loner with a brother in prison, but when he meets Dante and they become friends, Ari starts to ask questions about himself, his parents and his family that he has never asked before.

As a casting director for twenty-three years, Holly Powell witnessed the casting world from three different points of view: As an independent casting director, as Head of Casting

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for a Studio, and as a Network Casting Executive. From this unique perspective, she formed Holly Powell Studios, with her mission being to demystify the audition process for actors. Through using her The 6 Audition Tools Method, actors are guided into adopting the mental focus of the athlete and learn to control sabotaging thoughts that can derail an audition. THE AUDITION BIBLE: Secrets Every Actor Needs To Know, originally written as a companion piece to Holly s audition workshops, covers not only audition techniques and tools but answers many common questions about audition protocol. Anecdotal audition stories exemplify what works and what doesn t during the casting process. Part 1: The Audition is a handbook for any actor auditioning for any venue, be it television, film, theater, a commercial or a webisode. The

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actor travels through waiting in the lobby, walking into the audition room, the audition itself, the people he encounters in the room, and finally exiting the audition room. Part 2: Auditioning For A Series-Regular Role guides the actor through the four steps it typically takes to book a series-regular role on a network television series: The Pre-Read with the Casting Director, The Callback for Producers, Reading for Studio Executives, and Testing at the Network. Even though the format in Part 2 is specifically geared toward auditioning for television, all actors in every medium will find invaluable information here that will apply to their individual audition circumstances. An audition is an audition is an audition." "Any actor who is serious about his or her career should read this book" Matthew Stillman, Producer: Casino Royale,

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Wanted, The Chronicles of Narnia: Prince Caspian. "As a director, casting a movie can be a terrifying process. Put the wrong actor in your project and you're sunk. How do you find the right person? ... if you're working with Nancy Bishop you know you're in good, accomplished hands, whether you're a director or an actor. " Neil Burger, Director of The Illusionist Why is it that so many good actors don't perform well at castings? Secrets from the Casting Couch gives practical advice for actors, written from a casting director's point of view, teaching the craft of film casting in front of camera. It shows how actors can work with today's internet technologies to get cast and features advice and actual exercises that achieve results in the casting studio. Emmy-award nominated casting director Nancy Bishop C.S.A., has developed a

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successful approach through many years experience of working in the casting studio. The author also runs internationally recognised master classes throughout Europe and the US and is the head of the Prague Film School Acting Department.

The Actor in You

The Audition Bible

Voice Over Secrets

Techniques for Transforming Habitual Patterns and Improving Performance

Your Handbook to Becoming a Working Actor in L.A.

The Actor's Art and Craft

The star of the Harold and Kumar franchise, House,

and Designated Survivor recounts why he rejected the advice of his aunties and guidance counselors and, instead of becoming a doctor or “something practical,” embarked on a surprising journey that has included confronting racism in Hollywood, meeting his future husband, and working in the Obama administration, in this “incredibly joyful and insightful” (Kiefer Sutherland) memoir. You Can’t Be Serious is a series of funny, consequential, awkward, and ridiculous stories from Kal Penn’s idiosyncratic life. It’s about being the grandson of Gandhian freedom fighters, and the son of immigrant parents: people who came to this country with very

little and went very far—and whose vision of the American dream probably never included their son sliding off an oiled-up naked woman in the raunchy Ryan Reynolds movie Van Wilder...or getting a phone call from Air Force One as Kal flew with the country's first Black president. “By turns hilarious, poignant, and inspiring” (David Axelrod, New York Times bestselling author), Kal reflects on the most exasperating and rewarding moments from his journey so far. He pulls back the curtain on the nuances of opportunity and racism in the entertainment industry and recounts how he built allies, found encouragement, and dealt with early

reminders that he might never fit in. He describes his initially unpromising first date with his now-fiancé Josh, involving an 18-pack of Coors Light and an afternoon of watching NASCAR. And of course, he reveals how, after a decade and a half of fighting for and enjoying successes in Hollywood, he made the terrifying but rewarding decision to take a sabbatical from a fulfilling acting career for an opportunity to serve his country as an Obama White House aide. Above all, You Can't Be Serious shows that everyone can have more than one life story. The book "is insightful, funny, and instructive for anyone who's ever grappled with how they fit into the

American dream” (Ronan Farrow, New York Times bestselling author), and demonstrates that no matter who you are and where you come from, you have many more choices than those presented to you. And okay, yes, it’s also about how Kal accidentally (and very stupidly) accepted an invitation to take the entire White House Office of Public Engagement to a strip club—because, let’s be honest, that’s the kind of stuff you really want to hear about.

Ten highly popular and acclaimed film directors whose careers began in front of the cameras candidly offer their insights into the all-important and unexplored subject of directing actors. Each

actor-turned-director discusses film making and acting as observed from and practised on both sides of the camera and offers invaluable guidelines and tips on casting, rehearsing, communicating and working with actors, and the whole of the movie making process. Jon Stevens is a writer/director whose most recent feature film is Irish Whiskey. He serves on the publications committee of the Directors Guide of America, with whose support this book was prepared.

SOON TO BE A MAJOR MOTION PICTURE The definitive biography of the deeply complex and widely misunderstood matinee idol of Hollywood's

Golden Age. Devastatingly handsome, broad-shouldered and clean-cut, Rock Hudson was the ultimate movie star. The embodiment of romantic masculinity in American film throughout the '50s and '60s, Hudson reigned supreme as the king of Hollywood. As an Oscar-nominated leading man, Hudson won acclaim for his performances in glossy melodramas (Magnificent Obsession), western epics (Giant) and blockbuster bedroom farces (Pillow Talk). In the '70s and '80s, Hudson successfully transitioned to television; his long-running series McMillan & Wife and a recurring role on Dynasty introduced him to a whole new generation of fans.

The icon worshipped by moviegoers and beloved by his colleagues appeared to have it all. Yet beneath the suave and commanding star persona, there was an insecure, deeply conflicted, and all too vulnerable human being. Growing up poor in Winnetka, Illinois, Hudson was abandoned by his biological father, abused by an alcoholic stepfather, and controlled by his domineering mother. Despite seemingly insurmountable obstacles, Hudson was determined to become an actor at all costs. After signing with the powerful but predatory agent Henry Willson, the young hopeful was transformed from a clumsy, tongue-tied truck driver into Universal Studio's

resident Adonis. In a more conservative era, Hudson's wholesome, straight arrow screen image was at odds with his closeted homosexuality. As a result of his gay relationships and clandestine affairs, Hudson was continually threatened with public exposure, not only by scandal sheets like Confidential but by a number of his own partners. For years, Hudson dodged questions concerning his private life, but in 1985 the public learned that the actor was battling AIDS. The disclosure that such a revered public figure had contracted the illness focused worldwide attention on the epidemic. Drawing on more than 100 interviews with co-stars,

family members and former companions, All That Heaven Allows finally delivers a complete and nuanced portrait of one of the most fascinating stars in cinema history. Author Mark Griffin provides new details concerning Hudson's troubled relationships with wife Phyllis Gates and boyfriend Marc Christian. And here, for the first time, is an in-depth exploration of Hudson's classic films, including Written on the Wind, A Farewell to Arms, and the cult favorite Seconds. With unprecedented access to private journals, personal correspondence, and production files, Griffin pays homage to the idol whose life and death had a lasting impact on American culture.

The inside how-to scoop on the lucrative career of voice-over acting told by the top talents in the field, including voice-over actors from Law and Order, ABC News, The Today Show, and the Sopranos. An inspirational, real-world, practical handbook for anyone seeking a career in the highly lucrative field of voice-over acting.

***And Other Tips and Truths About Aging
Gender, Generation, and the Origins of Human
Dissection***

Demo Reel Secrets for Actors

Actors Turned Directors

On Eliciting the Best Performance from an Actor and

Other Secrets of Successful Directing
Aristotle and Dante Discover the Secrets of the
Universe

Tips for Getting Acting Jobs

“Kerbeck’s juicy memoir tells riveting tales [with] the thrill of a spy novel. . . Kerbeck bares all of his wild business secrets within the world of corporate espionage”

--Foreword Reviews "Robert Kerbeck has mastered the art of social engineering, or what he calls 'rusing', and taken it to a whole new level." —Frank Abagnale, author of Catch Me If You Can B-list actor, A-list

corporate spy In the world of high finance, multibillion-dollar Wall Street banks greedily guard their secrets. Enter Robert Kerbeck, a working actor who made his real money lying on the phone, charming people into revealing their employers' most valuable information. In this exhilarating memoir that will appeal to fans of The Wolf of Wall Street and Catch Me If You Can, unsuspecting receptionists, assistants, and bigshot executives all fall victim to "the Ruse." After college, Kerbeck rushed to New York to try to make it as an actor. But to

support himself, he'd need a survival job, and before he knew it, while his pals were waiting tables, he began his apprenticeship as a corporate spy. As his acting career started to take off, he found himself hobnobbing with Hollywood luminaries: drinking with Paul Newman, taking J.Lo to a Dodgers game, touring E.R. sets with George Clooney. He even worked with O.J. Simpson the week before he became America's most notorious double murderer. Before long, however, his once promising acting career slowed while the corporate

espionage business took off. The ruse job was supposed to have been temporary, but Kerbeck became one of the world's best practitioners of this deceptive—and illegal—trade. His income jumped from tens of thousands to hundreds of thousands to millions of dollars a year. Until the inevitable crash... Kerbeck shares the lies he told, the celebrities he screwed (and those who screwed him), the cons he ran, and the money he made—and lost—along the way.

Looks at the life of the popular television

and film actor, while focusing on the secret gay life that he led while maintaining a heterosexual public persona in order to protect his career.

How to Become a Better Actor Instantly Without Killing Yourself with "The Method"! Discover the the psychological secrets of "The Life Acting System" If you are an actor, you've probably done your fair share of pointless exercises in classes: "Hold the imaginary teacup. Feel the warmth of the tea. Can you smell it? Can you smell it?" ...or you may have had your fill of "gurus"

who may direct scenes, but don't give actors any understanding of how to get where they need to get--on their own! If you are not a trained actor, this book will help you to STOP THINKING and START DOING! It cuts through all the b.s., is mercifully short, but yet will help you get to the core questions that every actor should answer. Based on 50 plus years of psychological research, I make the case for what I call "Life Acting." A very simple, behavior-based approach that can be as effective with a toddler as it can be with a veteran wanting

to go as deep as possible. That's why it's humbly titled "The Best Book on Acting." You won't be disappointed. You will become a better actor because

- 1. You won't be scraping your psyche with an internal focus to present something that has nothing to do with the material.**
- 2. You won't be overly focused on emotion, (often pushing and unrealistic) but on the INTENT of the character.**
- 3. You will be more focused, more colorful, more memorable and interesting because you know how to make crystal clear choices which lead to**

**impacting the audience! 4. You won't be "in your head" in performance, trying to juggle the balls of technique, emotion and connection. You will be "doing"! 5. You will understand the crucial difference between Homework, Rehearsal, and Performance. This book might reboot your whole way of building a character. It will be faster, more precise and more interesting. The questions for Homework can be broken down to such a basic level that a small child can use them and be effective!
Now the subject of the hit documentary**

Scotty and the Secret History of Hollywood, praised by Vanity Fair as “full of revelations” and Entertainment Weekly as “deliciously salacious,” Full Service is the remarkable true story of Scotty Bowers, the “gentleman hustler,” during the heyday of classic Hollywood. Newly discharged from the Marines after World War II, Bowers arrived in Hollywood in 1946. Young, charismatic, and strikingly handsome, he quickly caught the eye of many of the town’s stars and starlets. He began sleeping with some himself, and connecting

others with his coterie of young, attractive, and sexually free-spirited friends. His own lovers included Edith Piaf, Spencer Tracy, Vivien Leigh, Cary Grant, and the abdicated King of England Edward VIII, and he arranged tricks or otherwise crossed paths with Tennessee Williams, Charles Laughton, Vincent Price, Katharine Hepburn, Rita Hayworth, Errol Flynn, Gloria Swanson, Noël Coward, Mae West, James Dean, Rock Hudson and J. Edgar Hoover, to name but a few. Full Service is not only a fascinating chronicle of Hollywood's sexual

**underground, but also exposes the hypocrisy of the major studios, who used actors to propagate a myth of a conformist, sexually innocent America knowing full well that their stars' personal lives differed dramatically from this family-friendly mold. As revelation-filled as Hollywood Babylon, Full Service provides a lost chapter in the history of the sexual revolution and is a testament to a man who provided sex, support, and affection to countless people. The Secret Life of Raymond Burr
Seven Secrets a Novelist Can Learn from**

Actors

You Can't Be Serious

On Camera Strategies for Actors from a Casting Director

For musicians, singers, actors and dancers

Directing Actors

The Actor's Guide to Murder

Offers interviews with American, Canadian, and British actors who speak about the challenges and rewards of performing Shakespeare's works.

Agents representing actors across a wide spectrum of show business opportunities give candid career advice in this one-of-a-kind guide. Based on interviews with

sixty industry professionals, this book takes you behind the scenes to show how performers' representatives do their work day to day: how they help actors in the business of finding employment, and how they explore and define opportunities in specialized fields for ethnic, teen juvenile, senior, and other categories of performers. Some agents focus on one niche of the market—jobs in commercials or soap operas—some specialize in modeling, and still others cover a broad range of stage and film work. The author profiles people working in various-sized agencies in New York, Los Angeles, Atlanta, Boston, Denver, Houston, Miami, Seattle, and other cities. Also discussed is using the Internet to find leads.

In Mythic Imagination and the Actor, Marissa Chibás draws on over three decades of experience as a Latinx actor, writer, filmmaker, and teacher to offer an approach to acting that embraces collective imagination, archetypal work, and the mythic. The book begins with a comparative analysis between method acting and mythic acting, encouraging actors to push past the limits of singular life experience and move to a realm where imagination and metaphor thrive. In the context of mythic acting, the book explores awareness work, solo performance creation, the power of archetypes, character building exercises, creating a body/text connection, and how to be the detective of your own process. Through this inclusive guide for a new age of diverse performers

traversing gender, ability, culture, and race, readers are able to move beyond their limits to a deep engagement with the infinite possibilities of rich imagination. The final chapter empowers and motivates artists to live healthfully within the practice and create a personal artistic vision plan. Written for actors and students of acting, American Drama, and film and theatre studies, Mythic Imagination and the Actor provides practical exercises and prompts to unlock and interpret an actor's deepest creative sources.

Don't spend a lifetime trying to figure out how to make it big. Read this highly effective book on how to become a famous actor - in 1 year. Absorb every word and take advantage of every tip this book has to offer. This is all

you need to get an acting career in TV and movies possible. The book contains all the highly important contents, subjects and relevant information needed to get things going today. Also contains action plan for your 365 next days. The 365 days that will change your life. Some of the chapters: How the industry actually works Finding castings - this is how Preparing for a casting in the best way The ultimate practice towards professional acting Control your emotions - a unique method The every-day routine you MUST have How to find yourself surrounded by celebrities "Great content. I'm always suspicious before buying a book about this subject, but this exceeded my expectations in both content and relevance." - Hayden. Written with passion

and love by Stephen Edwards.

My Adventures in Hollywood and the Secret Sex Lives of the Stars

Actors Talk about Shakespeare

The Secret

The Hollywood Survival Guide for Aussie Actors

Feeling is the Secret

The Intent to Live

The Organic Actor

William Esper, one of the leading acting teachers of our time, explains and extends Sanford Meisner's legendary technique, offering a clear, concrete, step-by-step approach to becoming a truly creative

actor. Esper worked closely with Meisner for seventeen years and has spent decades developing his famous program for actor's training. The result is a rigorous system of exercises that builds a solid foundation of acting skills from the ground up, and that is flexible enough to be applied to any challenge an actor faces, from soap operas to Shakespeare. Co-writer Damon DiMarco, a former student of Esper's, spent over a year observing his mentor teaching first-year acting students. In this book he recreates that experience for us, allowing us to see how the progression of exercises works in

practice. The Actor's Art and Craft vividly demonstrates that good training does not constrain actors' instincts—it frees them to create characters with truthful and compelling inner lives.

A darkly comic tale by the actor, artist and author of Pao Alto is told in the style of Alcoholics Anonymous 12-step testimonials, scripts, letters, diary entries and other forms that explore the nature and purpose of acting while sharing moving and satirical portraits of actors who did not achieve fame.

"The Hollywood Survival Guide reveals the insider

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information necessary to navigate each step of your acting career in L.A. Aussie actress Kym Jackson explains how each facet of the film and TV industry works and how it affects you. From visas to auditions, from getting an agent to what happens behind the casting curtain ... it's everything you need to become a successful actor in Hollywood". -- Back cover.

Offering revolutionary new training for the actor, The Actor's Secret teaches actors and performers how to incorporate the fundamentals of the Alexander Technique, Somatic Experiencing®, and

Breathing Coordination in order to reduce performance anxiety and stress; improve stage presence, breathing, and vocal production; and restore well-being and healthy functioning. These three kinesthetic disciplines are designed to lead to profound change and healing through body-mind reeducation. Part I explains in detail the principles of the three techniques. A practical method for self-improvement and neuromuscular reeducation, the Alexander Technique focuses on changing inefficient habits of movement and patterns of tension that inhibit the ability to move easily.

Breathing Coordination helps increase breathing capacity and awareness. A method for resolving emotional trauma, Somatic Experiencing® follows a process of tracking bodily sensations to restore vitality and health. Enhanced with over 100 instructive photos, Parts II and III present explorations and exercises that draw on elements of the three methods. Topics covered include the importance of presence and non-doing; the proper mechanics of vocalization and singing; the understanding of character and role; and the actor's journey from auditions to performance,

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including initial script preparation, rehearsal, monologue, and scene work. Developed by Betsy Polatin, a movement specialist and master lecturer at Boston University's College of Fine Arts, the book's exercises provide the actor with simple tools for exploring his or her acting work. Most techniques and self-help books teach a new way of "doing." The secret of this book lies in "non-doing." When the actor learns to first recognize and then suspend habitual patterns, he or she opens the door to deeper artistic choices. "I have worked with many fine Alexander Technique teachers over the

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years and Betsy Polatin is far and away one of the finest. Her touch, her instincts, and her knowledge are miraculous."—Andre Gregory, actor and director, My Dinner with Andre

Sixteen Simple Steps to Understanding the Art of Acting

The Best Book on Acting

Lying the American Dream from Hollywood to Wall Street

Sanford Meisner on Acting

My Secret Life: A Truthful Look at a Child Actor's Victory Over Sexual Abuse

Movement for Actors (Second Edition)

Secrets of Voice-over Success

The incredible rags-to-riches story of acclaimed actor Brian Cox, best known as Succession's Logan Roy, from a troubled, working-class upbringing in Scotland to a prolific career across theatre, film and television. From Hannibal Lecter in Manhunter to media magnate Logan Roy in HBO's Succession, Brian Cox has made his name as an actor of unparalleled distinction and versatility. We are familiar with him on screen, but few know of his extraordinary life story. Growing up in Dundee, Scotland, Cox lost his father when he was just eight years old and was brought up by his three elder sisters in the aftermath of his mother's nervous

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breakdowns and ultimate hospitalization. After joining the Dundee Repertory Theatre at the age of fifteen, you could say the rest is history — but that is to overlook the enormous effort that has gone into the making of the legend we know today. Rich in emotion and meaning, with plenty of laughs along the way, this seminal autobiography captures both Cox's distinctive voice and his very soul.

What does it take to control your performance nerves, to feel confident when facing audiences, and to acquire mastery of your talent? How can you feel secure in the knowledge that you are giving your best? This second edition of *Secrets of Performing Confidence* helps you to find solutions to these questions, and shows you skills and techniques for improving your motivation, confidence, creativity and peak performance.

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It also gives you a range of effective strategies for dealing with auditions, stress, burnout, fame and performance anxiety. The authors draw on a wealth of knowledge that comes from working closely with leading performers in the fields of music, acting and dance. Throughout, they emphasise practical steps that can be easily assimilated and used for all kinds of performance situations. Featuring a wealth of new material for a modern world of new media and technology, *Secrets of Performing Confidence* helps to sharpen all the skills you need to survive and flourish in an increasingly competitive performing environment.

Show-business legend Dick Van Dyke is living proof that life does get better the longer you live it. Who better to offer instruction, advice, and humor than someone who's entering

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his ninth decade with a jaunty two-step? Van Dyke isn't just a born song-and-dance man; his irrepressible belief in embracing the moment and unleashing his inner child has proved to be the ultimate elixir of youth. When he was injured during the filming of Chitty Chitty Bang Bang, his doctor warned him he'd be using a walker within seven years, but Dick performed a soft shoe right there and never looked back. In *Keep Moving*, Dick Van Dyke offers his own playful anecdotes and advice, as well as insights from his brother, actor Jerry Van Dyke; his friend and creator of *The Dick Van Dyke Show*, Carl Reiner; and other spirited friends and family. Whether he's describing the pleasure he takes in his habitual visits to the grocery store; how he met his late-in-life-love Arlene; or how he sprung back, livelier than ever, from a near-

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death experience, Dick's optimistic outlook is an invigorating tonic for anyone who needs a reminder that life should be lived with enthusiasm despite what the calendar says. "You don't have to act your age. You don't even have to feel it. And if it does attempt to elbow its way into your life, you do not have to pay attention. If I am out shopping and hear music playing in a store, I start to dance. If I want to sing, I sing. I read books and get excited about new ideas. I enjoy myself. I don't think about the way I am supposed to act at my age - or at any age. As far as I know, there is no manual for old age. There is no test you have to pass. There is no way you have to behave. There is no such thing as 'age appropriate.' When people ask my secret to staying youthful at an age when getting up and down from your chair on your own is

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considered an accomplishment, you know what I tell them?
'Keep moving.'" - Dick Van Dyke

If you want results in your acting career fast then join award winning production guru Derrick Boelter as he finally gives away hundreds of his insider demo reel tips and tricks that get successful actors hired every day. You'll discover how four simple words got the author booked on a national television program in under a minute, as well as how to save hundreds of dollars by utilizing clever production techniques, methods to vastly increase your marketability by following a simple set of rules when crafting your reel, and hundreds of tricks and tips used on professional actors reels that get them hired over and over, and quick and painless Internet marketing secrets that even a computer novice can apply! Did you get paid to

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act today? If not, then this book might contain the one secret tip that transforms your acting career into what you've always dreamed of.

Ruse

Agents on Actors

Secrets from the Casting Couch

22 Successful Voice Actors & Voice Over Artists Share Their Best Experience-based Tips

Secrets of Women

Keep Moving

Top Voice-over Artists Reveal how They Did it

Sanford Meisner was one of the best known and beloved teachers of acting in the country. This book follows one

*of his acting classes for fifteen months, beginning with the most rudimentary exercises and ending with affecting and polished scenes from contemporary American plays. Written in collaboration with Dennis Longwell, it is essential reading for beginning and professional actors alike. Throughout these pages Meisner is a delight—always empathizing with his students and urging them onward, provoking emotion, laughter, and growing technical mastery from his charges. With an introduction by Sydney Pollack, director of *Out of Africa* and *Tootsie*, who worked with Meisner for five years. "This book should be read by*

anyone who wants to act or even appreciate what acting involves. Like Meisner's way of teaching, it is the straight goods."—Arthur Miller *"If there is a key to good acting, this one is it, above all others. Actors, young and not so young, will find inspiration and excitement in this book."*—Gregory Peck

My Secret Life is a candid, yet sensitive look into Martha Wade's childhood and the effects of sexual abuse. It offers insights into childhood molestation, and exhibits one woman's courageous journey to face the truth on the way to freedom from guilt and shame. This book proves to be a healing tool for those recovering from this

unthinkable crime. It also speaks to those who have not personally experienced sexual abuse. It opens the reader's eyes to better understand how individuals live through this pain, face challenges, and need understanding people with whom to walk through the process of healing. Martha founded the non-profit A Quarter Blue-Educating~Protecting~Empowering in 2007. A QUARTER of children will be left BLUE from the effects of sexual abuse. A Quarter Blue creates safe and appropriate, insightful resources to discuss the tendencies of sexual abuse, without unleashing disturbing details of abuse.

Internationally-renowned directing coach Weston demonstrates what constitutes a good performance, what actors want from a director, what directors do wrong, script analysis and preparation, how actors work, and shares insights into the director/actor relationship.

This book is concerned with the art of realizing your desire. It gives you an account of the mechanism used in the production of the visible world. It is a small book but not slight. There is a treasure in it, a clearly defined road to the realization of your dreams.

The Actor's Secret

A Biography of Rock Hudson

Full Service

*Over Sixty Professionals Share Their Secrets on Finding
Work on the Stage and Screen*

Actors Anonymous

Putting the Rabbit in the Hat

*How You Can Supercharge Your Reel and Book More
Work*

The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—The Secret—and, later that year, Rhonda

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Byrne followed with a book that became a worldwide bestseller. Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation that will be life-transforming for all who experience it. In this book, you'll learn how to use The Secret in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect

Acces PDF The Actors Secret

of your life. The Secret contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of The Secret, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.

William Esper Teaches the Meisner Technique