



## What Method?: The Different Ways an Actor Can Train (Paperback)

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By Jessie Fahay

AUTHORHOUSE, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.There are many methods an actor may choose to study. There is Stanislavski, Meisner, Adler, Alexander, Hagen, that random British director you met in college who changed your life, that Spanish actor you watched in that play who has been your entire inspiration, etc. What do all of these methods really do for the actor's instrument? Is there a method that works best for you? Which one speaks to you? Where should you look for instructors who teach these methods? This short and practical guidebook gives you the nuts and bolts of four pinnacle training methods, sample exercises for each method, examples of actors who have used these methods, the places where you can find these methods being taught, and further in-depth literature on each method. Let this be an opening to these fundamental methodologies. The next steps are up to you.



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