

Freeing The Natural Voice: Imagery And Art In The Practice Of Voice And Language

Rudolf Laban is to movement what Stanislavski is to acting.

Their Eyes Were Watching God is a 1937 novel by African-American writer Zora Neale Hurston. It is considered a classic of the Harlem Renaissance of the 1920s, and it is likely Hurston's best known work.

8 starred reviews · Goodreads Choice Awards Best of the Best · William C. Morris Award Winner · National Book Award Longlist · Printz Honor Book · Coretta Scott King Honor Book · #1 New York Times Bestseller! "Absolutely riveting!" —Jason Reynolds "Stunning." —John Green "This story is necessary. This story is important." —Kirkus (starred review) "Heartbreakingly topical."

—Publishers Weekly (starred review) "A marvel of verisimilitude." —Booklist (starred review) "A powerful, in-your-face novel." —Horn Book (starred review) Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed. Soon afterward, his death is a national headline. Some are calling him a thug, maybe even a drug dealer and a gangbanger. Protesters are taking to the streets in Khalil’s name. Some cops and the local drug lord try to intimidate Starr and her family. What everyone wants to know is: what really went down that night? And the only person alive who can answer that is Starr. But what Starr does—or does not—say could upend her community. It could also endanger her life. Want more of Garden Heights? Catch Maverick and Seven’s story in *Concrete Rose*, Angie Thomas’s powerful prequel to *The Hate U Give*.

“The children and nature movement is fueled by this fundamental idea: the child in nature is an endangered species, and the health of children and the health of the Earth are inseparable.” —Richard Louv, from the new edition In his landmark work *Last Child in the Woods*, Richard Louv brought together cutting-edge studies that pointed to direct exposure to nature as essential for a child’s healthy physical and emotional development. Now this new edition updates the growing body of evidence linking the lack of nature in children’s lives and the rise in obesity, attention disorders, and depression. Louv’s message has galvanized an international back-to-nature campaign to “Leave No Child Inside.” His book will change the way you think about our future and the future of our children. “[The] national movement to ‘leave no child inside’ . . . has been the focus of Capitol Hill hearings, state legislative action, grass-roots projects, a U.S. Forest Service initiative to get more children into the woods and a national effort to promote a ‘green hour’ in each day. . . . The increased activism has been partly inspired by a best-selling book, *Last Child in the Woods*, and its author, Richard Louv.” —The Washington Post “*Last Child in the Woods*, which describes a generation so plugged into electronic diversions that it has lost its connection to the natural world, is helping drive a movement quickly flourishing across the nation.” —The Nation’s Health “This book is an absolute must-read for parents.” —The Boston Globe Now includes *A Field Guide with 100 Practical Actions We Can Take Discussion Points for Book Groups, Classrooms, and Communities Additional Notes by the Author New and Updated Research from the U.S. and Abroad*

Training of the American Actor (Large Print 16pt)

Last Child in the Woods

Classically Speaking

A Novel

The Actor’s Guide to Talking the Text

Man and His Symbols

Freeing the Natural VoiceImagery and Art in the Practice of Voice and LanguageNick Hern Books

Describes the mechanics of the voice and obstacles of spontaneous, effective vocal expression and details exercises for developing and strengthening the voice as a human and actor’s instrument

The lives of two sisters–Nettie, a missionary in Africa, and Celie, a southern woman married to a man she hates--are revealed in a series of letters exchanged over thirty years

** Individual, partner, and group exercises to make any actor more expressive * Crucial acting tips based on the work of distinguished theorist Rudolf Laban * 65 original illustrations of anatomy and warm-up exercises This in-depth, fully illustrated guide offers a groundbreaking approach to understanding physical and vocal movement that will enable readers to discover how to maximize their potential.*

Packed with practical exercises for individuals, partners, and group work, this book integrates voice, speech, and movement. Exercises for breath support, tone, range, articulation, dynamic alignment, balance, flexibility, strength, and stamina, as well as building relationships, Actor Training the Laban Way is essential reading for all serious actors, acting teachers, and students.

The Color Purple

The Daily Show (The Book)

The Power of Voice

A Guide to Making Yourself Heard

The Naked Voice

Educated

*Language and the way that people communicate has evolved over time, now you can learn how to effectively use your voice in the most effective way possible in order to get your message across. Every time we open our mouths, we have an effect on ourselves and the way others perceive us. The ability to speak clearly and confidently can make or break a presentation, an important meeting, or even a first date. Now, with the advent of Skype, YouTube, podcasting, Vine, and any number of reality talent competitions, your vocal presence has never been more necessary for success or more central to achieving your dreams. Roger Love has over 30 years of experience as one of the world’s leading authorities on voice. Making use of the innovative techniques that have worked wonders with his professional clients, Love distills the best of his teaching in *Set Your Voice Free*, and shares exercises that will help readers bring emotion, range, and power to the way they speak. This updated edition incorporates what he’s learned in the last 15 years as the Internet and talent competitions have completely changed the role your voice plays in your life. These are the new essentials for sounding authentic, persuasive, distinctive, and real in a world that demands nothing less.*

Kevin Kline, Patti LaPone, Chita Rivera, Olympia Dukakis, Sam Waterston, and many more lend their voices to The School of Doing, a comprehensive guide to the craft and teachings of internationally renowned stage director and educator Gerald Freedman, including lessons on acting, directing, text analysis, comedy technique, camera technique, Shakespeare, musical theater, design, pedagogy, and the business itself. Foreword by Mandy Patinkin.

The key to unlocking your power—and the inspired life that comes with it—from the renowned voice and acting coach. You know that person: the one with that certain something. And you’ve probably dismissed that something as unattainable, simply innate. But it’s a myth that some are born with “it” and others aren’t. Everybody can have that presence—and the peaceful self-acceptance that powers it. Patsy Rodenburg reveals that the secret is learning to inhabit “the second circle”: the optimal state between the first circle of introversion and self-doubt and the third of aggression and narcissism. She provides exercises to help you break the habits that constrict your real power and to better cope with the negative behaviors and attitudes of those around you. With wisdom and patience, Rodenburg teaches you how to communicate effectively at home, work, school, and—most important—with yourself. The Second Circle will empower you to meet life’s most extraordinary trials with brio and to embrace the joys and challenges of every single day.

The Awakening by Kate Chopin from Coterie Classics All Coterie Classics have been formatted for ereaders and devices and include a bonus link to the free audio book. “She was becoming herself and daily casting aside that fictitious self which we assume like a garment with which to appear before the world.” —Kate Chopin, The Awakening The Awakening by Kate Chopin is a masterpiece of early feminist fiction telling the story of a woman who finally decides to decide her own fate.

The Hate U Give

Freeing the Natural Voice

Nature

Lord of the Flies

Set Your Voice Free

An Integrated Approach to Voice, Speech, and Movement

Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. I Know Why the Caged Bird Sings captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou’s debut memoir is a modern American classic beloved worldwide. Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local “powhitetrash.” At eight years old and back at her mother’s side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors (“I met and fell in love with William Shakespeare”) will allow her to be free instead of imprisoned.

Poetic and powerful, I Know Why the Caged Bird Sings will touch hearts and change minds for as long as people read. “I Know Why the Caged Bird Sings liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity.”—James Baldwin From the Paperback edition.

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.Eesper 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.

The classic voice-training book for actors, teachers of voice and speech and anyone interested in vocal expression - by a pre-eminent voice teacher, actor and director. Fully revised and expanded edition. Linklater’s approach is to liberate the voice you have rather than apply vocal techniques from the outside. Her basic assumption is that everyone possesses a voice capable of expressing whatever emotion, mood or thought he/she experiences. This edition incorporates vocal exercises developed over three decades to help the voice connect viscerally with language - a key element in the actors’ craft. ‘a radical breakaway from the old formal methods... an invaluable new resource... essential’ Educational Theatre Journal ‘the best and only work of its kind for vocal training’ Educational Theatre News

The first comprehensive survey and study of the major techniques developed by and for the American actor over the past 60 years. Presented side-by-side, each of the 10 disciplines included is described in detail by one of today’s foremost practitioners. An invaluable resource both for the young actor embarking on a career and for the theatre professional polishing his or her craft. “successful acting must reflect a society’s current beliefs. The men and women who developed each new technique were convinced that previous methods were not equal to the full challenges of their time and place, and the techniques in this book have been adapted to current needs in order to continue to be successful methods for training actors. The actor’s journey is an individual one, and the actor seeks a form, or a variety of forms, of training that will assist in unlocking his own creative gifts of expression.”

Their Eyes Were Watching God

Speaking With Skill

A Memoir

An Introduction to Knight-Thompson Speech Work

Laban for Actors and Dancers

Finalist for the 2020 National Book Award for Fiction One of the New York Times’ Ten Best Books of the Year Named one of the best novels of the year by Time, Washington Post, NPR, Chicago Tribune, Esquire, BBC, and many others National Bestseller “A blistering little classic.” —Ron Charles, Washington Post A Children’s Bible follows a group of twelve eerily mature children on a forced vacation with their families at a sprawling lakeside mansion. Contemptuous of their parents, the children decide to run away when a destructive storm descends on the summer estate, embarking on a dangerous foray into the apocalyptic chaos outside. Lydia Millet’s prophetic and heartbreaking story of generational divide offers a haunting vision of what awaits us on the far side of Revelation.

A passionate exploration of the process of comprehending and speaking the words of William Shakespeare. Detailing exercises and analyzing characters’ speech and rhythms, Linklater provides the tools to increase understanding and make Shakespeare’s words one’s own.

Inner speech lies at the chaotic intersection of several difficult questions in contemporary philosophy and psychology. On the one hand, these episodes are private mental events. On the other, they resemble speech acts of the sort used in interpersonal communication. Inner speech episodes seem to constitute or express sophisticated trains of conceptual thought but, at the same time, they are motoric in nature and draw on sensorimotor mechanisms for speech production and perception more generally. By using inner speech, we seem to both regulate our bodily actions and gain a unique kind of access to our own beliefs and desires. Inner Speech: New Voices explores this familiar and yet mysterious element of our daily lives, bringing together contributions from leading philosophers, psychologists, and neuroscientists. In response to renewed interest in the general connections between thought, language, and consciousness, these leading thinkers develop a number of important new theories, raise questions about the nature of inner speech and its cognitive functions, and debate the current controversies surrounding the ‘little voice in the head.’

Describes the mechanics of the voice and obstacles of spontaneous, effective vocal expression and details exercises for developing and strengthening the voice as a human and actor’s instrument.

Tips: Ideas for Directors

Experiencing Speech: A Skills-Based, Panlingual Approach to Actor Training

The Awakening

William Esper Teaches the Meisner Technique

The Complete Stanislavsky Toolkit

New Voices

Golding’s iconic 1954 novel, now with a new foreword by Lois Lowry, remains one of the greatest books ever written for young adults and an unforgettable classic for readers of any age. This edition includes a new Suggestions for Further Reading by Jennifer Buehler. At the dawn of the next world war, a plane crashes on an uncharted island, stranding a group of schoolboys. At first, with no adult supervision, their freedom is something to celebrate. This far from civilization they can do anything they want. Anything. But as order collapses, as strange howls echo in the night, as terror begins its reign, the hope of adventure seems as far removed from reality as the hope of being rescued.

Until very recently, directing wisdom was passed on in the form of "tips". Continuing this tradition, you will find them ranging from the way set a scene to directing the actor on the way to laugh. The tips are clear, concise, evocative, and constructed to give you a better day in rehearsal and performance. A buffet of ways to improve immediately that you'll refer to over and over again!

A revised and updated edition of Bella Merlin’s essential guide to Stanislavsky. The Complete Stanislavsky Toolkit collects together for the first time the terms and ideas developed by Stanislavsky throughout his career. It is organised into three sections: Actor-Training, Rehearsal Processes and Performance Practices. Key terms are explained and defined as they naturally occur in this process. They are illustrated with examples from both his own work and that of other practitioners. Each stage of the process is explored with sequences of practical exercises designed to help today’s actors and students become thoroughly familiar with the tools in Stanislavsky’s toolkit. ‘Bella Merlin magically converts her extensive knowledge into real-world practice and on-the-floor technique.

Explores Jung’s psychological concepts regarding the nature, function and importance of man’s symbols as they appear on both the conscious and subconscious level

The Expressive Actor

A Beginner’s Guide to Knight-Thompson Speechwork®

Fahrenheit 451

Actor Training the Laban Way

Putting Laban’s Movement Theory Into Practice : a Step-by-step Guide

Imagery and Art in the Practice of Voice and Language

A collection of essays looks at all aspects of the art of singing, from the physiology and acoustics of the singing voice to career building.

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University “Extraordinary . . . an act of courage and self-invention.”—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA’S FAVORITE BOOKS OF THE YEAR • BILL GATES’S HOLIDAY READING LIST • FINALIST: National Book Critics Circle’s Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara’s older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she’d traveled too far, if there was still a way home. “Beautiful and propulsive . . . Despite the singularity of [Westover’s] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?”—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • Book Riot • Pamela Paul, KQED • New York Public Library

Experiencing Speech: A Skills-Based, Panlingual Approach to Actor Training is a beginner’s guide to Knight-Thompson Speechwork®, a method that focuses on universal and inclusive speech training for actors from all language, racial, cultural, and gender backgrounds and identities. This book provides a progression of playful, practical exercises designed to build a truly universal set of speech skills that any actor can use, such as the ability to identify, discern, and execute every sound found in every language on the planet. By observing different types of flow through the vocal tract, vocal tract anatomy, articulator actions, and how these components can be combined, readers will understand and recreate the process by which language is learned. They will then be introduced to the International Phonetic Alphabet (IPA) and will practice using the IPA for narrow transcription of speech sounds. The book also offers both an intellectual and physical understanding of oral posture and how it contributes to vocal characterization and accent work. This approach to speech training is descriptive, giving students a wide and diverse set of speech sounds and skills to utilize for any character in any project, and it establishes a foundation for future accent study and acquisition. Experiencing Speech: A Skills-Based, Panlingual Approach to Actor Training is an excellent resource for teachers and students of speech and actor training, as well as aspiring actors looking to diversify their speech skills.

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers—including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell – plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics—a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

On the Art of Singing
Walden

I Know Why the Caged Bird Sings

All the Light We Cannot See

Freeing Shakespeare's Voice

Integrated Voice, Movement and Acting Training

Foreword by Academy Award-winner Mahershala Ali 🏆A comprehensive masterpiece. . . . Throughout the course of my life, I have struggled to be heard. With Denise’s insightful tutelage and easy-to-apply techniques, I have not only manage to find my voice, but to powerfully express myself so others listen! If you want to feel inspired and completely empowered give yourself the gift of this beautiful read 🏆Halle Berry, Academy Award-winning actor An internationally renowned and highly sought-after Hollywood voice coach shares proven practices to help anyone utilize the often-untapped power of their own authentic voice. From a toddler's first words to professional public speaking, from a marriage proposal to asking for a raise, our voice is our most crucial instrument of expression. The world judges us by our voice. And yet there has been no authoritative guide to mastering its full capacity and expressing our true selves in every aspect of life, from relationships and family to work. Until now. As one of the nation's most sought-after vocal coaches, Denise Woods has worked with everyone from Mahershala Ali, Will Smith, and Idris Elba to Kirsten Dunst and Jessica Chastain. In The Power of Voice, for the first time ever, Woods shares the secrets, tips, lessons, and stories that have helped Hollywood's biggest stars become confident, effective communicators. Readers will learn how to: Articulate clearly Gain confidence in any situation Release tension and stress Address speech issues such as upspeak, vocal fry, and nasality Become powerful public speakers Find their truest form of expression With her unmatched ability to teach vocal mastery in real-world terms, Woods offers a much-needed, proven, practical, and invaluable set of tools that will forever change how we communicate and, ultimately, how we see ourselves and affect others.

Voice and the Actor is the first classic work by Cicely Berry, Voice Director of the Royal Shakespeare Company and world-famous voice teacher. Encapsulating her renowned method of teaching voice production, the exercises in this straightforward, no-nonsense guide will develop relaxation, breathing and muscular control - without which no actor or speaker can achieve their full potential. Illustrated with passages used in Cicely Berry's own teaching, Voice and the Actor is the essential first step towards speaking a text with truth and meaning. Inspiring and practical, her words will be a revelation for beginner and professional alike.

In The Naked Voice, W. Stephen Smith invites all singers to improve their vocal technique through his renowned and time-tested wholistic method. Focusing not only on the most important technical, but also on the often overlooked psychological and spiritual elements of learning to sing, his book allows readers to develop their own full and individual identities as singers.

With philosophies and techniques drawn from a lifetime of teaching voice, Smith demonstrates how one can reveal the true unique sound of one's own voice by singing with the whole self. The master's method, presented in concrete and comprehensible terms with helpful illustrations, is enhanced by a CD containing exercises performed by singers from Smith's own studio-singers whose talent and training bring them across the country and around the world. The clear and easy style of The Naked Voice welcomes the reader into Smith's teaching studio, and into conversation with Smith himself as he presents the six simple and elegant exercises that form the core of his method. These exercises provide a foundation for free singing, and lead singers through the step-by-step process of mastering the technique. Throughout, Smith speaks sympathetically and encouragingly to the singer in search of an unencumbered and effective approach to the art. The Naked Voice is a must-read for all singers, giving teachers and students, amateurs and professionals, access to the methods and concepts that have earned Smith his reputation as one of the most highly-sought-after vocal instructors in the international arena today.

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

A Children's Bible: A Novel

How to Get the Singing or Speaking Voice You Want

Movement for Actors (Second Edition)

The Book Thief

Lessons from Theater Master Gerald Freedman

The School of Doing

Actors and other professional voice users need to speak clearly and expressively in order to communicate the ideas and emotions of their characters – and themselves. Whatever the native accent of the speaker, this easy communication to the listener must always happen in every moment, onstage, in film or on television; in real life too. This book, an introduction to Knight-Thompson Speechwork, gives speakers the ownership of a vast variety of speech skills and the ability to explore unlimited varieties of speech actions – without imposing a single, unvarying pattern of "good speech". The skills gained through this book enable actors to find the unique way in which a dramatic character embodies the language of the play. They also help any speaker to communicate to a listener with total intelligibility without compromising the speaker's own accent; and to vary speech actions to meet different language needs. Supporting audio provides 116 tracks illustrating the exercises described in the book.

Classically Speaking offers an approach for actors who wish to learn Neutral American Speech, and develop the skills necessary to adjust their speech to the particular demands of a wider range of characters and texts. The extensive Neutral American section could serve English speakers from countries other than the US, including those from Canada, Australia, New Zealand, South Africa, Ireland and Great Britain, as well as advanced speakers of English as a Second Language (ESL) from around the globe. Classical American, Mid-Atlantic and Standard British dialects are also covered. An audio download link to more than 300 sound demonstrations and a dozen monologues recorded by professional actors is also included.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE’S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of I Am the Messenger, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with The Diary of a Young Girl by Anne Frank.” —USA Today DON’T MISS BRIDGE OF CLAY, MARKUS ZUSAK’S FIRST NOVEL SINCE THE BOOK THIEF.

"The study of acting should not begin with an exploration of feeling, perception, imagination, memories, intention, personalization, self-identification... or even performance—but physical action." Michael Lugering's The Expressive Actor presents a foundational, preparatory training method, using movement to unlock the entire acting process. Its action-based perspective integrates voice, movement and basic acting training into a unified approach. A wealth of exercises and diagrams guide the reader through this internationally taught program, making it an ideal step-by-step course for both solo and classroom use. Through this course, voice and body training becomes more than a simple skill-building activity – it is the central prerequisite to any actor training. This new Routledge edition has been fully updated, to include: A revised prologue, further discussing the historical and philosophical grounding of The Lugering Method A new introduction, with particular focus on the integrative nature of the method and how the book should be used. New developments, clarifications, and 12 new exercises. 6 new illustrative diagrams.

Inner Speech

The Second Circle: Using Positive Energy for Success in Every Situation

Saving Our Children From Nature-Deficit Disorder

On the Duty of Civil Disobedience

Voice And The Actor

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

In this updated rich resource for actors, renowned movemental 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.

A cloth bag containing 20 paperback copies of the title that may also include a folder with sign out sheets.

A Wholistic Approach to Singing

The Actor's Art and Craft