

A Beginner Guide To Acting English

It's 1977 and life in Iran is becoming unpredictable. The Shah will be overthrown and events are about to take place on the world stage. But for five-year-old Shappi Khorsandi all this means is that she must flee, leaving behind a mad extended Iran clan and everything she has ever known.

Have you ever wanted to break into acting, but didn't know where to look? This informational guide, based on my own experiences and those of other actors, will give you secrets, tips, and tricks to get into movies and television as background talent and move on up from there. This book includes information on- Headshots Demo reel Auditions Casting calls And more... I'm a best-selling author in the area of Cognitive Psychology and Experimental Education Theory. The lessons in this guide also utilize my research into Rapid Skill Acquisition to help you get where you need to faster by hacking the learning process. In addition to that, I'm also an experienced actor with hundreds of credits, including commercials, movie roles, and documentaries.

"... a remarkable collection of observations and reflections on past experiences by many excellent artists and teachers that will doubtless help... those interested in creating 'opera magic.'" -- Tito Capobianco Singing, Acting, and Movement in Opera is designed for use in opera and musical theater workshops and by beginning professional singers. Drawing on years of research, teaching, and performing, Mark Ross Clark provides an overview of dramatic methodology for the singing actor, encouraging the student's active participation through practical exercises and application to well-known works. The Singer-etics method emphasizes integration of the various dimensions of opera performance, creating synergies among vocal performance, character development, facial expression, and movement on the stage. The book presents important information about stagecraft, characterization, posture, historical styles, performance anxiety, aria, and scene analysis. Excerpts from interviews with performers, directors, conductors, coaches, composers, and teachers offer insights and advice, allowing the reader to "meet the artists." An appendix by postural alignment specialist Emily Bogard describes techniques of relaxation and self-awareness for the performer. This lively book will appeal to students, teachers, professionals, and general readers alike.

Want to be a voice actor that the whole world loves? Discover Press is here to help you make that happen! This definitive guide for how to become a voice over actor was written for people just like you, and we want you to be our next success story! "Voice Over Acting" will teach you everything you need to know, from what equipment you need, how much it costs, and what your first steps should be. It has all of the information needed for anyone who wants to start their own career in this industry! Not only that - even if you're an experienced voice over actor, "Voice Over Acting" will show you how to take your career to the next level!

Your Body Knows

The Ultimate Teen Guide

A Movement Guide for Actors

Secrets of Acting Shakespeare

How to Live Life to the Full and Die a Good Death

The Actor's Tool Kit

A Guide to Acting, Stagecraft, Technical Theater, and More

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

Let's face it. Just the word exegesis puts some of us on edge. We are excited about learning to interpret the Bible, but the thought of exegetical method evokes a chill. Some textbooks on exegesis do nothing to overcome these apprehensions. The language is dense. The concepts are hard. And the expectations are way too high. However, the skills that we need to learn are ones that a minister of the gospel will use every week. Exegesis provides the process for listening, for hearing the biblical text as if you were an ordinary intelligent person listening to a letter from Paul or a Gospel of Mark in first-century Corinth or Ephesus or Antioch. This book by Richard Erickson will help you learn this skill. Thoroughly accessible to students, it clearly introduces the essential methods of interpreting the New Testament, giving students a solid grasp of basic skills while encouraging practice and holding out manageable goals and expectations.

Numerous helps and illustrations clarify, summarize and illuminate the principles. And a wealth of exercises tied to each chapter are available on the web. This is a book distinguished not so much by what it covers as by how: it removes the "fear factor" of exegesis. There are many guides to New Testament exegesis, but this one is the most accessible--and fun!

A Beginner's Guide To Acting English Random House

As a 30- year acting veteran and theater arts instructor, Theresa Layne has spent countless hours sharing her knowledge with new actors. Now, she has finally written down everything she knows about how to get acting jobs without wasting time and money. Learn how to: * Find the best acting classes * Take a winning headshot without busting your budget * Format an actor

resume and cover letter * Network online for film and theater jobs * Produce a showcase * Set up an in home studio, teleprompter, and video audition * Write, film, and edit short Vine and YouTube videos * Create a winning demo reel * Get an agent * Contact film producers and casting directors in pre-production in your area BONUS Ten Steps to Success Checklist

Voice Acting For Dummies

Taking the Fear out of Critical Method

The Art of Acting

The Essentials of Theater

A Guide For Actors and Directors

Acting Up!

Beginner's Guide to Amateur Acting

Does your child want to be an actor? Has he or she caught the acting bug? Do they know what type of actor they want to be? Do they know everything that is involved in becoming an actor? In this children's book, your child will learn through poetry and rhyme how they can be an actor too, if they know just what to do. Emma Rayne Lyle is a child actress best known for her roles as 'Bridget' in the feature film "Jessica Darling's It List," 'Nicole Bloom' in the feature film "Why Stop Now," and Emily Reddy in the feature film I Don't Know How She Does It which earned her the Young Artist Award as Best Young Actress Age Ten and Under. She's worked with some of Hollywood's biggest stars. Emma and her mother Nyna have been working side by side in the film and television business for the last ten years and they have learned a thing or two about the industry. Together they created an acting book written specifically for kids who want to become actors but don't know how. Many of the "how to be an actor books" are written by agents, acting coaches and managers - people who have not experienced what it is like to be the parent of a child actor and who have not been a child actor. Many acting books are full of useless text and fluff and by the time you finish the book, you still have no idea where to start. Ain't nobody got time for that! Especially moms and dads. This little book is chockfull and let's your little one know that no matter where they live, they can be an actor too.

Winner of the 2021 Music & Drama Education Award for Outstanding Drama Education Resource Much of the theatre we make starts with a script and a story given to us by someone else. But what happens when we're required to start from scratch? How do we begin to make theatre using our own ideas, our own perspective, our own stories? A Beginner's Guide to Devising Theatre, written by the artistic directors of the award-winning young people's performance company Junction 25 and is aimed at those new to devising or wanting to further develop their skills. It explores creative ways to create original theatre from a contemporary stimulus. It offers a structure within which to approach the creative process, including ideas on finding a starting point, generating material, composition and design; it offers practical ideas for use in rehearsal; and it presents grounding in terminology that will support a confident and informed approach to production. The book features contributions from some of the young performers who have been a part of Junction 25's work to date, as well as key artists and companies that work professionally in devised theatre, including case studies from Quarantine, the Team, Mammalian Diving Reflex, Nic Green and Ontroerend Goed. The work of Junction 25 is used to illustrate the concepts and ideas set out in the book. Ideal for any student faced with the challenge of creating work from scratch, A Beginner's Guide to Devising Theatre offers constructive guidance, which supports the requirements of students taking Drama and Theatre Studies courses. The book includes a foreword by theatre critic Lyn Gardner.

A guide to acting covers auditions, rehearsals, monologues, and improvisation, along with acting exercises and tips on pursuing acting as a career.

A disciple of Konstantin Stanislavski and a member of the Group Theatre in the 1930s, the noted actress and teacher offers advice on acting preparations, the demands of characterization, and dramatic exercises, as well as personal memories

A Practical Step by Step Guide to Becoming a Professional Actor

A Beginner's Guide to Devising Theatre

Acting for Film (Second Edition)

How to Become an Actor

The Beginner's Guide to Becoming an Actor and Getting That First Role

Voice Over Acting

A Simple Guide for Rising Thespians

The complete guide to making money from voice acting. There are plenty of people making their living from voice over, but if you're not already in the industry, it can seem impossible to break in. The Voice Over Startup Guide: How to Land Your First VO Job is the answer. You'll discover how to get started in seven simple steps. You'll learn: The best ways to develop your skills as a voice talent The 10 ways voice actors make money from home The two essential resources all voice actors should never be without What gear the pros use, and what you don't need to buy How not to get a talent agent How to create a voice over demo that leads to voice over jobs. If you want an organized, bird's eye view of the global voice over industry, this is the book for you.

Looks at what it takes to be successful in the voice acting business, discussing how to audition, create a demo, promote work, delve into a script, use audio recording software, and build a home recording studio. An Introduction to the World of Theater A friendly and practical guide to the stage, The Essentials of Theater will prepare actors and crew for their next show. Perfect for college students in theater programs, as well as community theater troupes, this book covers all the bases—from a brief history on theater over the centuries and basic terminology to tips on interpreting scripts, developing characters, and utilizing props. Lisa Mulcahy's helpful explanations and examples take readers on a backstage tour, introducing the tasks and responsibilities of every participant: stage hands, sound designers, prop managers, and more. Special sections include: A simple guide to completing your first production project Worksheets and checklists to practice new skills Interviews with theater critics, playwrights, and sound designers Appendices with suggested readings, viewings, and resources for theater students Through real-world examples and engaging activities, readers will explore every facet of the world of theater: acting, directing, playwriting, production, technical design, and more. Mulcahy even includes a chapter on innovative ways to use one's theater education off-stage. A great resource for college theater programs and acting classes in general,

The Essentials of Theater is an excellent introduction to the stage and all of its moving parts.

Invaluable Advice To Maximize Your Chances Of Succeeding In Your Acting Career Anyone who is thinking about pursuing an acting career needs to know that it's not an easy journey. In fact, acting is one of the toughest businesses in the world to break into. It's a journey of constant struggle, cut-throat competition and rejection - lots of rejection. It requires a tremendous amount of inner strength and sheer passion in a business with way too many actors and too few parts. If you have that burning passion, if you believe you are truly talented and are serious about becoming an actor, than by all means, pursue your dream! If you think you have the persistence and resolve required to pursue an acting career then this book is for you. This book does not downplay or sugar-coat the difficulties and obstacles that you as a budding actor will face - it actually highlights them because it is vital that you form a realistic picture of what you are up against. Knowing just what to expect will save you a lot of disillusionment and misery in the long run. At the same time, this book will arm you with the knowledge and skills that you will need to break into the acting world and land your first film role. You will learn: How to lay the foundation for a successful acting career The basic skills you must get under your belt to become an actor How to perfect the art of auditioning What casting directors look for in an actor Whether or not you need an agent How to handle rejection Why networking is important This book also packed with additional tips, techniques and trivia that that will inform and amuse you, while arming you with the best tools you can have to pursue your dream of becoming an actor. Purchase your copy now!

The Chubbuck Technique -- The 12-Step Acting Technique That Will Take You from Script to a Living, Breathing, Dynamic Character

The Power of the Actor

A Comprehensive Course

A Step by Step Guide to Getting Your Foot in the Door in TV and Film and How to Get Paid from Your Craft

A Survival Guide

A Beginner's Guide to Acting English

Developed by Benjamin Mathes in one of Los Angeles's most prestigious underground acting studios, "You, the Career" will revolutionize the way you relate to the hustle, the industry, and the actor you want to become. Drawing from 25 years in the industry as an actor, producer, and cultural entrepreneur, Mathes will show you how to take the power from the people who manage, and put it back into the hands of the person who creates it--you! Inspiring, challenging, and full of useful tools, this book is perfect for the beginner and the veteran actor. There is a career that only you can create. This book will show you how.

(Applause Books). A master actor who's appeared in an enormous number of films, starring with everyone from Nicholson to Kermit the Frog, Michael Caine is uniquely qualified to provide his view of making movies. This revised and expanded edition features great photos, with chapters on: Preparation, In Front of the Camera Before You Shoot, The Take, Characters, Directors, On Being a Star, and much more.

"Remarkable material ... A treasure ... I'm not going to be looking at performances quite the same way ... FASCINATING!" Gene Siskel

It's 1977 and life in Iran is becoming unpredictable. The Shah will be overthrown and events are about to take place on the world stage. But for five-year-old Shappi Khorsandi all this means is that she must flee, leaving behind a mad extended Iran clan and everything she has ever known. Shappi and her beloved brother Peyvand arrive with their parents in London - all cold weather and strange food - without a word of English. If adapting to a new culture isn't troubling enough, it soon becomes clear that the Ayatollah's henchmen are in pursuit. With the help of MI5, Shappi's family go into hiding. So apart from checking under the family car for bombs every morning, Shappi's childhood is like any other kids' - swings in the park, school plays, kiss-chase and terrorists. 'An extraordinary story...really funny and warm' Graham Norton

In The Power of the Actor, a Los Angeles Times bestseller, premier acting teacher and coach Ivana Chubbuck reveals her cutting-edge technique, which has launched some of the most successful acting careers in Hollywood. The first book from the instructor who has taught Charlize Theron, Brad Pitt, Elisabeth Shue, Djimon Hounsou, and Halle Berry, The Power of the Actor guides you to dynamic and effective results. For many of today's major talents, the Chubbuck Technique is the leading edge of acting for the twenty-first century. Ivana Chubbuck has developed a curriculum that takes the theories of the acting masters, such as Stanislavski, Meisner, and Hagen, to the next step by utilizing inner pain and emotions, not as an end in itself, but rather as a way to drive and win a goal. In addition to the powerful twelve-step process, the book takes well-known scripts, both classic and contemporary, and demonstrates how to precisely apply Chubbuck's script-analysis process. The Power of the Actor is filled with fascinating and inspiring behind-the-scenes accounts of how noted actors have mastered their craft and have accomplished success in such a difficult and competitive field.

Acting in Film

A Beginner's Guide to New Testament Exegesis

The Voice Over Startup Guide

The Wholistic Guide to Acting, Life, and the Biz

A Beginner's Guide To Acting English

Easy Street: A Guide for Players in Improvised Interactive Environmental Performance, Walkaround Entertainment, and First-Person Historical Interpretation

A Beginner's Guide to Knight-Thompson Speechwork®

Jenna Fischer's Hollywood journey began at the age of 22 when she moved to Los Angeles from her hometown of St. Louis. With a theater degree in hand, she was determined, she was confident, she was ready to work hard. So, what could go wrong? Uh, basically everything. The path to being a professional actor was so much more vast and competitive than she'd imagined. It would be eight long years before she landed her iconic role on *The Office*, nearly a decade of frustration, struggle, rejection and doubt. If only she'd had a handbook for the aspiring actor. Or, better yet, someone to show her the way—an established actor who could educate her about the business, manage her expectations, and reassure her in those moments of despair. Jenna wants to be that person for you. With amusing candor and wit, Fischer spells out the nuts and bolts of getting established in the profession, based on her own memorable and hilarious experiences. She tells you how to get the right headshot, what to look for in representation, and the importance of joining forces with other like-minded artists and creating your own work—invaluable advice personally acquired from her many years of struggle. She provides helpful hints on how to be gutsy and take risks, the tricks to good auditioning and callbacks, and how not to fall for certain scams (auditions in a guy's apartment are probably not legit—or at least not for the kind of part you're looking for!). Her inspiring, helpful guidance feels like a trusted friend who's made the journey, and has now returned to walk beside you, pointing out the pitfalls as you blaze your own path towards the life of a professional actor.

"It will not disappoint . . ." —Ian McKellen, from the Foreword *An Authoritative Training Manual for Film Actors and Teachers* "In today's entertainment industry of buff bodies and beautiful faces, it's easy to think that a couple of sit-ups and high cheek bones can create a movie legend," writes film veteran Cathy Haase. However, she adds, what the actor really must have are "technique, craft, and a depth of self-knowledge." In *Acting for Film, Second Edition*, Haase shows actors how to develop all of these, sharing her secrets (developed through years of on-camera work) for creating characters who come alive and who touch the souls of the audience. Readers will learn how to apply theatrical training to film acting and hone a personal approach to rendering a character. *Acting for Film, Second Edition*, is an essential guide for aspiring performers, acting teachers, and anyone interested in gaining a greater understanding of the craft. This new edition includes: Advice on dealing with new technology including CGI and motion capture Concentration and relaxation exercises that will enhance facial expressiveness Exploration of sense memory techniques for on-camera work Animal exercises and their usages Tips for maintaining proper eye focus in front of the camera and conveying the "beats" of a scene, even in the shortest takes For any performer who intends to make a living in front of the camera, *Acting for Film, Second Edition*, is the most authoritative resource! With Haase's experience and advice in their pocket, readers will be prepared to land the film role they've been dreaming of.

Professional actors covet opportunities to act in commercials because of the potentially high income and visibility. But commercials require an acting style that is specific to the medium. This updated volume explains how to adapt one's acting skills to the needs of brief and persuasive commercial scripts. 16 illustrations.

"A family. On the run. In a foreign country-- England"--Cover.

The Original Approach

The Actor's Hustle

A Step-By-Step Guide to Starting Your Acting Career

Acting for Young Actors

A Beginner's Guide

You Can Be an Actor Too!

How to Become a Voice Over Actor

THE STORY: From singer-songwriter and performance artist Stew comes *PASSING STRANGE*, a daring musical that takes you on a journey across boundaries of place, identity and theatrical convention. Stew brings us the story of a young bohemian who chart

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.

Your Body Knows provides the foundation actors need to move with ease and power. It is a practical guide to movement starting at the very beginning: knowing your body and experiencing how it works. Through the work of F.M. Alexander, Rudolf Laban, and Michael Chekhov, this book offers basic training in movement fundamentals. Its step-by-step process supports the actor's work in any acting or movement training program and as a working professional. The book focuses on three main areas of exploration: Body facts - Know your body and its design for

movement. Let go of misinformed ideas about your body. Move more freely, avoid injury, and develop a strong body-mind connection. Movement facts - What is movement? Discover the movement fundamentals that can serve your art. Explore new ways of moving. Creative Inspiration - Connect your body, mind, and imagination to liberate authentic and expressive character movement. Your Body Knows: A Movement Guide for Actors is an excellent resource for acting students and their teachers, promoting a strong onstage presence and awakening unlimited potential for creative expression.

The Actor's Tool Kit: The Beginning Actor's Practical Guide to Acting is a beginning acting textbook that can be used in class or individually. It highlights the KIP System of training for beginning and intermediate acting students. Ardencie Hall-Karambe, Ph.D. formulated the KIP System to expose students to some of the theoretical ideas behind the art of acting and theatre; especially, students who have little or no experience on stage or with live theatre. KIP stands for the kinetic, influential, and psychodynamic training stages that student actors go through to prepare for roles. Students learn tangible ways to think about and to improve upon their craft.

Sanford Meisner on Acting

The Actor's Life

An Actor's Take on Movie Making

Breaking Into Acting

Acting

How to Land Your First VO Job

You, the Career

This guide for actors and directors develops a valid method for training performers to act from their core--whether they are cold reading, auditioning, or performing for film or television. This book teaches actors how to achieve and respond to believable and honest emotions before the camera, and it maintains that the key to a successful performance lies in how the actors relate to one another and to the circumstances. Exercises, including script examples, throughout the book give readers an easy resource for practicing the principles outlined. The Art of Film Acting applies a classic stage acting method (Stanislavsky) to the more intimate medium of performing before a camera, teaching readers to experience an emotion rather than to indicate it.

A beginner's guide to learning the basic techniques to professional acting, including developing character, voice and diction, body acting, and facial expressions. For the veteran, it is a very helpful refresher in the art of bringing characters to life.

Practiced by such actors of stature as Marlon Brando, Robert De Niro, Julie Harris, Dustin Hoffman, and Ellen Burstyn (not to mention the late James Dean) the Method offers a practical application of the renowned Stanislavsky technique. On Method Acting demystifies the "mysteries" of Method acting -- breaking down the various steps into clear and simple terms, including chapters on: Sense Memory -- the most vital component of Method acting Improvisation -- without it, the most integral part of the Method is lost Animal Exercises -- just one way to combat the mental blocks that prevent actors from grasping a character Creating The Outer Character -- so actors can give the freshness of originality to a role while at the same time living the life of the character On Method Acting is also an indispensable volume for directors, designers, lighting technicians, and anyone in the dramatic arts interested in creating a believable and realistic effect in their productions.

The acting business can seem extremely daunting, intimidating and honestly it can be very challenging. "Cracking The Acting Code: A Practical Step By Step Guide to Becoming a Professional Actor" provides the answers to your questions about how to break into the Hollywood scene. Learn the necessary steps to go from aspiring to working actor.

The Art of Film Acting

Cracking the Acting Code

Acting in Commercials

Singing, Acting, and Movement in Opera

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

The Technique of Acting

Passing Strange

Acting in Musical Theatre remains the only complete course in approaching a role in a musical. It covers fundamental skills for novice actors, practical insights for professionals, and even tips to help performers refine their craft. Updates in this expanded and revised second edition include: A brand new companion website for students and teachers, including Powerpoint lecture slides, sample projects and exercises. Learning outcomes for each chapter to guide teachers and students through the book's core ideas and lessons New style overviews for pop and jukebox musicals Extensive insights from field testing with students, young professionals, and industry showcases Full-colour production images, bringing each chapter to life Acting in Musical Theatre's chapters divide into each containing group and solo exercises, making it the definitive textbook for students and practitioners alike.

Nina does not have a drinking problem. She likes a drink, sure. But what 17-year-old doesn't? Nina's mum isn't so sure. But she's busy with her new husband and five year old Katie. And Nina's almost always drunk. And if Nina sometimes wakes up with little memory of what happened the night before, then her friends are all too happy to fill in the blanks. Nina's drunken exploits are the stuff of college legend. Sunday morning, even her friends can't help piece together Saturday night. All Nina feels is a deep sense of shame, that something very bad has happened to her... A dark, funny - sometimes shocking comedy from one of the UK's leading comedians. NINA IS NOT O.K. will appeal to fans of Caitlin Moran and Lena Dunham.

The Actor's Hustle is a book designed to help Actors on all levels reach their career goals and start booking quality film & TV roles that will help them quit their day jobs and build powerful relationships.

entertainment industry and grow. This easy read is loaded with Shana Solomon's hilarious, in your face tell it like it is personality as she shares her wild experiences jam-packed with lessons of how she got to the Bronx working as a retail associate and bartender with a dream of becoming an actress with a household name to finally only making her money as an actor on TV & in film. The Actor's Hustle is a no-holds-barred guide to the hand and show you exactly how to go from where you are as a beginner, intermediate or an experienced actor to where you want to be. Whether it's getting a new agent, manager, more auditions, building your brand or your industry network, getting your headshots, reel and resume in tip-top shape, finding the best classes in your city or how to even get started and finally take that risk! This book is designed to help you move forward on your acting dreams and start accomplishing your goals today.

Secrets of Acting Shakespeare isn't a book that gently instructs. It's a passionate, yes-you-can designed to prove that anybody can act Shakespeare. By explaining how Elizabethan actors had only their own entire playscripts, Patrick Tucker shows how much these plays work by ear. Secrets of Acting Shakespeare is a book for actors trained and amateur, as well as for anyone curious about how the

A Beginner's Guide to Getting Started in Television, Movies, and Commercials

Acting in Musical Theatre

A Guide to Auditioning and Performing on Camera

The Beginning Actor's Practical Guide to Acting

The Classic Actor's Guide to the Stanislavsky Technique as Practiced at the Actors Studio

A Guide to Singer-getics

On Method Acting

"I wish I'd had this book when I needed it. Death and dying are not subjects that many people are comfortable talking about, but it's hugely important to be as prepared as you can be - emotionally, physically, practically, financially, and spiritually. This book may be the most important guide you could have." -

Elizabeth Gilbert, author of Eat Pray Love _____ The end of a life can often feel like a traumatic, chaotic and inhuman experience. In this reassuring

and inspiring book, palliative care physician Dr BJ Miller and writer Shoshana Berger provide a vision for rethinking and navigating this universal process.

There are plenty of self-help books for mourners, but nothing in the way of a modern, approachable and above all useful field guide for the living. And all of

us - young, old, sick and well - could use the help. After all, pregnant couples have ample resources available to them as they prepare to bring a new life

into the world: Lamaze courses, elaborate birth plans, tons of manuals. Why don't we have a What to Expect When You're Expecting to Die book? An

accessible, beautifully designed and illustrated companion, A Beginner's Guide to the End offers a clear-eyed and compassionate survey of the most

pressing issues that come up when one is dying, and will bring optimism and practical guidance to empower readers with the knowledge, resources and

tools they'll need to die better, maybe even with triumph.

Nina is Not OK

A Beginner's Guide to the End