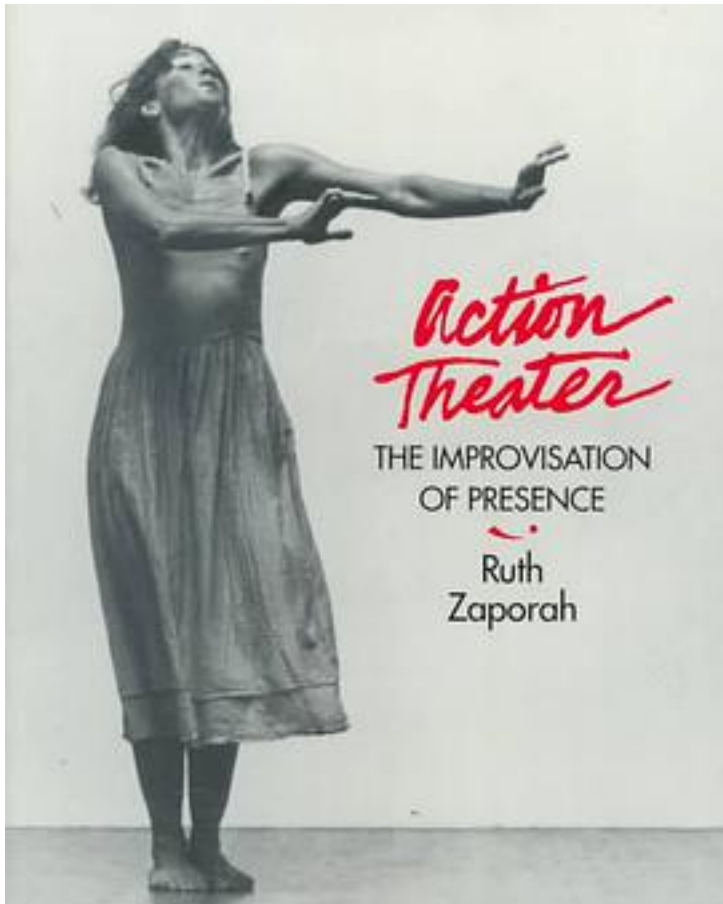


# Action Theatre



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Each chapter of this book presents a single day of the twenty-day training which Ruth Zaporah developed into Action Theater , her investigation into the life-reflecting process of improvisation. This book shows through exercises, stories, anecdotes, and metaphors how to focus attention on the body's awareness of the present moment,

moving away from preconceived ideas. Improvisations move through fear, boredom, laziness, and distraction to a sustained awareness of creative options.

作者介绍:

目录:

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评论

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