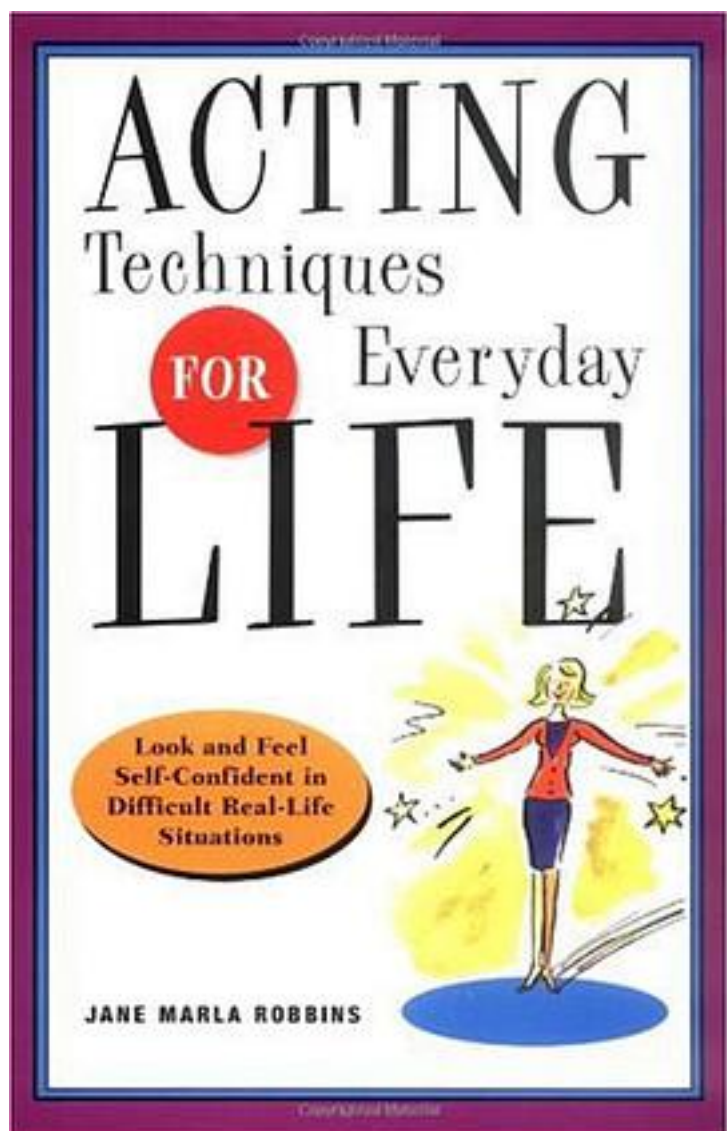


Acting Techniques for Everyday Life



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We can all name at least one situation—a business presentation, a job interview, a cocktail party, or a first date—in which we feel uncomfortable, nervous, or simply self-conscious. Now, with *Acting Techniques for Everyday Life*, you can learn how to create a sense of well being and confidence at will, so you can make even your most stressful moments easier and even fun. Author Jane Marla Robbins, a successful stage and screen actress, shares proven techniques that have long worked for professional actors and explains how you can use each one to get through the difficult situations in your own life. Using real-life examples and easy-to-follow exercises, Robbins shows you how to:

- Look and feel self-confident at job interviews and business functions
- Be more charismatic, witty, and fun at parties and other social occasions
- Better cope with difficult or intimidating people
- Perform at your best when speaking in public or in front of a group
- Use breathing and relaxation techniques to put yourself at ease

• Feel strong, relaxed, and happy no matter what you're doing

Packed with empowering information, tips, and stories about how ordinary people use these techniques successfully in their own lives and how well-known actors have used them in movies, *Acting Techniques for Everyday Life* is all you need to be more authentically yourself, to let your intelligence, humor, depth, grace, and joy shine through in everything you do.

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