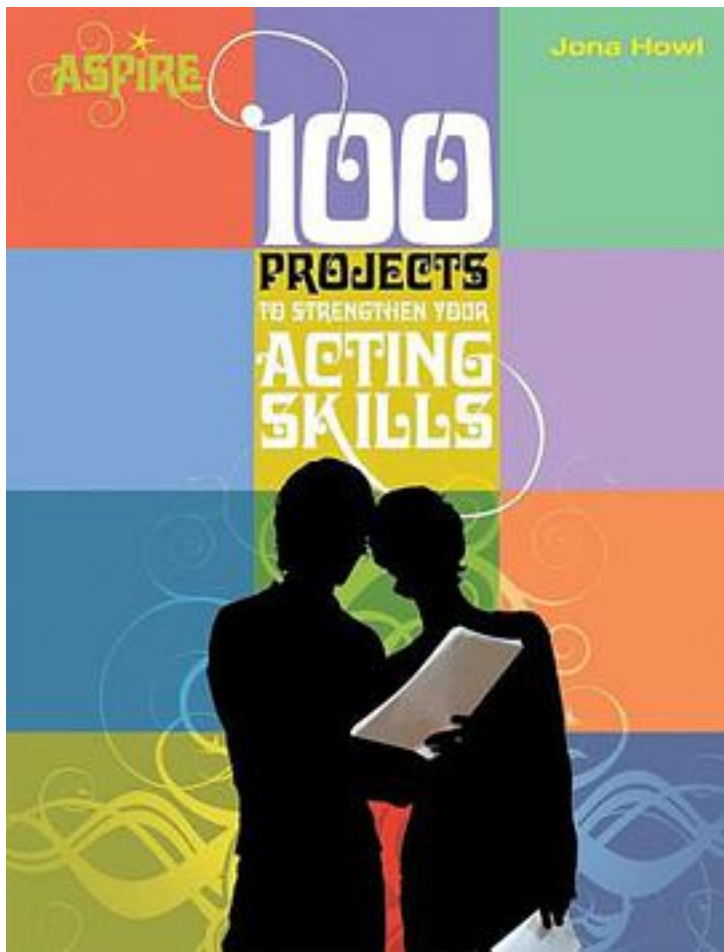


100 Projects to Strengthen Your Acting Skills



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Drama school hopefuls who use this book to supplement their training will find themselves on an inside track previously available only to students of the very best professional drama coaches. The author, a retired successful actor on the London

stage and currently a renowned drama teacher, presents a variety of effective tutorials that focus on voice, movement, text, and the understanding of character. His instruction relies extensively on the time-proven Alexander technique, an exercise regimen for ridding oneself of detrimental bodily tensions and developing a sense of physical grace and balance. Followed precisely, his tutorials will equip acting students with the wide array of skills they need to pass that elusive audition that gets their career off to a successful start. They focus on preparing monologues, understanding the differences between comic and tragic acting, researching character, working with accents, and much more. In addition, author Jona Howl advises on maintaining health and vitality through exercise and diet, and gives tips on developing positive mental attitudes. The text is supplemented with more than 350 instructive illustrations.

作者介绍:

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