



Awakening the Actor Within: A Twelve-Week Workbook to Recover and Discover Your Acting Talents

By C. Stephen Foster

Xlibris Corporation. Paperback. Book Condition: New. Paperback. 210 pages. Dimensions: 8.9in. x 6.1in. x 0.7in. Awakening The Actor Within is a 12-week workbook aimed at helping actors recover and discover their highest goals and ambitions. It resulted from over 15 years of acting, writing and teaching. It focuses on the subject of healing from acting blocks and getting the courage to act again after being discouraged or disappointed. It aims to free an actors creativity and build a healthy foundation. A spiritual workbook that initiates creative expansion and growth for actors. Teaches a simple, friendly, non-critical approach called Acting Practice. Teaches actors to form healthy acting habits and rebuild confidence. Guides actors through a series of weekly exercises that empowers them with practical tools to overcome their blocks (fear, anger, self-loathing, jealousy, sabotage, and money). C. Stephen Fosters Awakening the Actor Within is both a revelation of the actors art and a celebration of the artistic life. This is not merely a book of procedures but, rather, a serious, informed, and delightfully engaging exploration of the inner geography that shapes every awakened actor. Scott Wilkerson, Professor of Creative Writing at Columbus State University and author of Threading Stone This item ships...



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