



The Actor at Work

By Robert Benedetti

Pearson, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: List of Exercises Preface Part I The Ground: Preparing Yourself The Exercises and In-Class Performances A Note On Discipline Lesson One: The Actor In You The Skills Of The Actor The Tradition Of The Actor The Modern Period Acting and Your Personal Growth Summary Lesson Two: The Creative State Tension and Excessive Effort Restful Alertness Experiencing Wholeness Relaxation The Here and Now Summary Lesson Three: Centering, Moving, and Gesturing The Pure Center and the Voice The Actor's Use of Center Grounding Your Changing Relationship to Gravity Phrasing Movement Gesture The Genesis of Gesture Summary Lesson Four: Voice The Voice and Emotion The Source of the Voice The Cycle of Energy Tone Production The Voice and Inner Dynamic The Voice and Attitude Using Your Own Voice Summary Lesson Five: Speech The Process of Speech Nasal Sounds Oral Sounds: Vowels and Diphthongs Oral Sounds: Consonants Projection Speech, Context, and Character Further Training of Body and Voice Summary Lesson Six: Dramatic Language Text and Subtext Word Choice Context Rhythm Melody Imagery Summary Lesson Seven: Working With Others The Bodily Center and Relationship Commitment, Support, and Communication Transaction...



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