



## The Thespis in the Rest of Us: Your Guide to Realistic Acting (Paperback)

By Kevin L Meier

Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.For the beginning and accomplished actor alike, The Thespis in the Rest of Us, presents dramatic instruction that is sure to enhance your acting performances. Based on the proven Sanford Meisner technique and using numerous examples and exercises that author Kevin Meier has compiled through more than 40 years of acting experience, this book starts by building a solid foundation and progressively constructing any actor into one who delivers genuinely realistic performances. By first using one's senses, then through spontaneously living in the moment, and using the suggestions provided, the actor can enhance their art to the highest levels. Part instruction manual, part workbook, part motivational therapy, The Thespis in the Rest of Us will find that hidden actor inside you. Each chapter builds upon the previous one by emphasizing previously learned techniques until the actor can confidently build unique, compelling characters. With comprehensive chapters on the foundations of acting, improvisation, character development, motivation and conflict, auditioning, rehearsal, and even handling a script, any actor can find those hidden nuggets that can help them win more auditions....



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