

## The Actors Secret

Now the subject of the hit documentary *Scotty and the Secret History of Hollywood*, praised by *Vanity Fair* as “full of revelations” and *Entertainment Weekly* as “deliciously salacious,” *Full Service* is the remarkable true story of Scotty Bowers, the “gentleman hustler,” during the heyday of classic Hollywood. Newly discharged from the Marines after World War II, Bowers arrived in Hollywood in 1946. Young, charismatic, and strikingly handsome, he quickly caught the eye of many of the town’s stars and starlets. He began sleeping with some himself, and connecting others with his coterie of young, attractive, and sexually free-spirited friends. His own lovers included Edith Piaf, Spencer Tracy, Vivien Leigh, Cary Grant, and the abdicated King of England Edward VIII, and he arranged tricks or otherwise crossed paths with Tennessee Williams, Charles Laughton, Vincent Price, Katharine Hepburn, Rita Hayworth, Errol Flynn, Gloria Swanson, Noël Coward, Mae West, James Dean, Rock Hudson and J. Edgar Hoover, to name but a few. *Full Service* is not only a fascinating chronicle of Hollywood’s sexual underground, but also exposes the hypocrisy of the major studios, who used actors to propagate a myth of a conformist, sexually innocent America knowing full well that their stars’ personal lives differed dramatically from this family-friendly mold. As revelation-filled as *Hollywood Babylon*, *Full Service* provides a lost chapter in the history of the sexual revolution and is a testament to a man who provided sex, support, and affection to countless people.

In this new edition, Patrick Tucker retains the engaging style and useful structure of the first edition while addressing significant changes in current technology, ensuring that this volume will remain an indispensable resource for

## Access Free The Actors Secret

contemporary students of screen acting. Updated for a new decade of screen performance possibilities, *Secrets of Screen Acting* is a magician's box of acting tricks for today's performer and makes the distinction between acting for the stage and for the screen. He explains that the actor, instead of starting with what is real and trying to portray that on screen, should work with the realities of the shoot itself, and then work out how to make it all appear realistic. Tucker has created and developed several screen acting of a courses, and this book is an extension and explanation of a lifetime of work in the field. Containing over fifty acting exercises, this book leads the reader step-by-step through the elements of effective screen acting. Refreshing in its informal approach and full of instructive anecdotes, *Secrets of Screen Acting* is an invaluable guide for those who wish to master the art of acting on-screen.

**#1 NEW YORK TIMES BESTSELLING PHENOMENON** More than 6 million copies sold A Reese Witherspoon x Hello Sunshine Book Club Pick A Business Insider Defining Book of the Decade "I can't even express how much I love this book! I didn't want this story to end!"--Reese Witherspoon "Painfully beautiful."--The New York Times Book Review For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life--until the unthinkable happens. *Where the Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story,

## Access Free The Actors Secret

and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.

Over the years there has been much controversy and confusion about the true nature of The Actors Studio, a secluded workshop in New York City that for decades has had a marked influence on the stage and screen and yet functions like a secret society behind closed doors. It all began when Stanislavsky's Moscow Art Theater brought its brand of "realism" to the United States in 1923. The legendary Group Theater of the 1930s followed. Then came the creation of a studio workshop incorporating the provocative acting and directing techniques of Elia Kazan, and the emergence of Lee Strasberg as Studio head following Kazan's departure. Strasberg's background and the encounters between him and the actors he guided are presented in detail. The lives and careers of early icons like Marlon Brando, Montgomery Clift, Marilyn Monroe and James Dean are examined. Also covered are a progressive trans-Atlantic view of the subject, the Studio's short-lived efforts to form a world-class production company in the 1960s, and a later set of transitions leading to an altered image of the Studio and a change of venue for the 21st century. Such luminaries as these (and many more) have been associated with the Actors Studio: Edward Albee, Lauren Bacall, Glenn Close, Robert DeNiro, Robert Duvall, Danny Glover, Julie Harris, Dustin Hoffman, Dennis Hopper, Jack Lemmon, Shirley MacLaine, Steve McQueen, Paul Newman, Mike Nichols, Al Pacino, Julia Roberts, Eva Marie Saint, Neil Simon, Steven Spielberg, Sylvester Stallone, Rod Steiger, Meryl Streep, Eli Wallach, and Tennessee Williams.

April 14, 1865. A famous actor pulls a trigger in the presidential balcony, leaps to the stage and escapes, as the

president lies fatally wounded. In the panic that follows, forty-six terrified people scatter in and around Ford's Theater as soldiers take up stations by the doors and the audience surges into the streets chanting, "Burn the place down!" This is the untold story of Lincoln's assassination: the forty-six stage hands, actors, and theater workers on hand for the bewildering events in the theater that night, and what each of them witnessed in the chaos-streaked hours before John Wilkes Booth was discovered to be the culprit. In *Backstage at the Lincoln Assassination*, historian Thomas A. Bogar delves into previously unpublished sources to tell the story of Lincoln's assassination from behind the curtain, and the tale is shocking. Police rounded up and arrested dozens of innocent people, wasting time that allowed the real culprit to get further away. Some closely connected to John Wilkes Booth were not even questioned, while innocent witnesses were relentlessly pursued. Booth was more connected with the production than you might have known—learn how he knew each member of the cast and crew, which was a hotbed of secessionist resentment. *Backstage at the Lincoln Assassination* also tells the story of what happened to each of these witnesses to history, after the investigation was over—how each one lived their lives after seeing one of America's greatest presidents shot dead without warning. *Backstage at the Lincoln Assassination* is an exquisitely detailed look at this famous event from an entirely new angle. It is must reading for anyone fascinated with the saga of Lincoln's life and the Civil War era.

Fans of Patti Smith's *Just Kids* and Rob Lowe's *Stories I Only Tell My Friends* will love this beautifully written, entertaining, and emotionally honest memoir by an actor, director, and author who found his start as an 80s Brat pack member. Most people know Andrew McCarthy from his movie roles in *Pretty in Pink*, *St. Elmo's Fire*, *Weekend at Bernie's*, and *Less than*

Zero, and as a charter member of Hollywood's Brat Pack. That iconic group of ingenues and heartthrobs included Rob Lowe, Molly Ringwald, Emilio Estevez, and Demi Moore, and has come to represent both a genre of film and an era of pop culture. In his memoir *Brat: An '80s Story*, McCarthy focuses his gaze on that singular moment in time. The result is a revealing look at coming of age in a maelstrom, reckoning with conflicted ambition, innocence, addiction, and masculinity. New York City of the 1980s is brought to vivid life in these pages, from scoring loose joints in Washington Square Park to skipping school in favor of the dark revival houses of the Village where he fell in love with the movies that would change his life. Filled with personal revelations of innocence lost to heady days in Hollywood with John Hughes and an iconic cast of characters, *Brat* is a surprising and intimate story of an outsider caught up in a most unwitting success.

The inside how-to scoop on the lucrative career of voice-over acting told by the top talents in the field, including voice-over actors from *Law and Order*, *ABC News*, *The Today Show*, and *The Sopranos*. An inspirational, real-world, practical handbook for anyone seeking a career in the highly lucrative field of voice-over acting.

Raymond Burr (1917-1993), a film noir regular known for his villainous roles in movies like *Rear Window*, became one of the most popular stars in television history. He delighted millions of viewers each week in the top-rated shows *Perry Mason* and *Ironside*, which ran virtually uninterrupted for nearly twenty years.

EDITION 2: Revised with some new material gathered through 13 years of teaching these concepts at writers conferences.-----Want to bring characters to life on the page as vividly as fine actors do on the stage or screen? *Getting Into Character* will give you a whole new way of

## Access Free The Actors Secret

thinking about your writing. Drawing on the Method Acting theory that theater professionals have used for decades, this in-depth guide explains seven characterization techniques and adapts them for the novelist's use. You'll discover concepts that will lead you to understand and communicate the motivation and psychology of all your characters. These highly effective techniques will help you: ~ create characters whose distinctive traits become plot components ~ determine each character's specific objectives and motivations ~ write natural, meaningful dialogue that moves the story forward ~ endow your characters with three-dimensional emotional lives ~ use character motivation to bring action sequences to exuberant life ~ write convincingly about any character facing any circumstance

"The Hollywood Survival Guide reveals the insider information necessary to navigate each step of your acting career in L.A. Aussie actress Kym Jackson explains how each facet of the film and TV industry works and how it affects you. From visas to auditions, from getting an agent to what happens behind the casting curtain ... it's everything you need to become a successful actor in Hollywood". -- Back cover.

The perfect read and perfect gift for Game of Thrones fans The official, definitive oral history of the blockbuster show from Entertainment Weekly's James Hibberd, endorsed by George R. R. Martin himself (who calls it "an amazing read"), reveals the one Game of Thrones tale that has yet to be told: the thirteen-year behind-the-scenes struggle to make the show. Fire Cannot Kill a Dragon shares the incredible, thrilling, uncensored story of Game of Thrones, from the creators' first meetings with George R. R. Martin and HBO through the series finale, including all the on-camera battles, off-camera efforts, and the many controversies in between. The book also features more than fifty candid new interviews, rare and stunning photos, and unprecedented access to the

## Access Free The Actors Secret

producers, cast, and crew who took an impossible idea and made it into the biggest show in the world.

Confessions of a Casting Director is a must-have for any aspiring actor or stage parent—the definitive guide to breaking into film, television, theater, and even YouTube from longtime casting director and studio executive Jen Rudin. Packed with information that aspiring actors want, her up-to-the-minute expert advice is essential for anyone pursuing an acting career. Jen Rudin demystifies the often intimidating and constantly changing audition process, sharing insider tips on preparing for every type of audition: musical theater, television (including commercials and reality TV), and film to voiceovers, animated movies, and even web series. In this comprehensive guide, Rudin covers everything today's actor needs to succeed, including finding an agent or manager; using technology to your advantage; the demanding world of child acting; the pros and cons of New York vs. LA; turning a callback into an offer for the role, and much more. Every actor should walk into an audition room feeling confident and prepared, and this book is full of the Dos and Don'ts, sure-fire tricks, and must-have information to help turn rejection into that first big break. Complete with checklists, easy-to-follow game plans, and advice from real actors, agents, and entertainment industry professionals, Confessions of a Casting Director is like having your own private audition coach.

**SOON TO BE A MAJOR MOTION PICTURE** The definitive biography of the deeply complex and widely misunderstood matinee idol of Hollywood's Golden Age. Devastatingly handsome, broad-shouldered and clean-cut, Rock Hudson was the ultimate movie star. The embodiment of romantic masculinity in American film throughout the '50s and '60s, Hudson reigned supreme as the king of Hollywood. As an Oscar-nominated leading man, Hudson won acclaim for his

performances in glossy melodramas (*Magnificent Obsession*), western epics (*Giant*) and blockbuster bedroom farces (*Pillow Talk*). In the '70s and '80s, Hudson successfully transitioned to television; his long-running series *McMillan & Wife* and a recurring role on *Dynasty* introduced him to a whole new generation of fans. The icon worshipped by moviegoers and beloved by his colleagues appeared to have it all. Yet beneath the suave and commanding star persona, there was an insecure, deeply conflicted, and all too vulnerable human being. Growing up poor in Winnetka, Illinois, Hudson was abandoned by his biological father, abused by an alcoholic stepfather, and controlled by his domineering mother. Despite seemingly insurmountable obstacles, Hudson was determined to become an actor at all costs. After signing with the powerful but predatory agent Henry Willson, the young hopeful was transformed from a clumsy, tongue-tied truck driver into Universal Studio's resident Adonis. In a more conservative era, Hudson's wholesome, straight arrow screen image was at odds with his closeted homosexuality. As a result of his gay relationships and clandestine affairs, Hudson was continually threatened with public exposure, not only by scandal sheets like *Confidential* but by a number of his own partners. For years, Hudson dodged questions concerning his private life, but in 1985 the public learned that the actor was battling AIDS. The disclosure that such a revered public figure had contracted the illness focused worldwide attention on the epidemic. Drawing on more than 100 interviews with co-stars, family members and former companions, *All That Heaven Allows* finally delivers a complete and nuanced portrait of one of the most fascinating stars in cinema history. Author Mark Griffin provides new details concerning Hudson's troubled relationships with wife Phyllis Gates and boyfriend Marc Christian. And here, for the first time, is an in-depth exploration of Hudson's classic films,

## Access Free The Actors Secret

including *Written on the Wind*, *A Farewell to Arms*, and the cult favorite *Seconds*. With unprecedented access to private journals, personal correspondence, and production files, Griffin pays homage to the idol whose life and death had a lasting impact on American culture.

CLAIRE is a sixteen-year-old fangirl obsessed with the show *Demon Heart*. FOREST is an actor on *Demon Heart* who dreams of bigger roles. When the two meet at a local Comic-Con panel, it's a dream come true for Claire. Until the Q&A, that is, when Forest laughs off Claire's assertion that his character is gay. Claire is devastated. After all, every last word of her super-popular fanfic revolves around the romance between Forest's character and his male frenemy. She can't believe her hero turned out to be a closed-minded jerk. Forest is mostly confused that anyone would think his character is gay. Because he's not. Definitely not. Unfortunately for *Demon Heart*, when the video of the disastrous Q&A goes viral, the producers have a PR nightmare on their hands. In order to help bolster their image within the LGBTQ+ community—as well as with their fans—they hire Claire to join the cast for the rest of their publicity tour. What ensues is a series of colorful Comic-Con clashes between the fans and the show that lead Forest to question his assumptions about sexuality and help Claire come out of her shell. But how far will Claire go to make her ship canon? To what lengths will Forest go to stop her and protect his career? And will Claire ever get the guts to make a move on Tess, the very cute, extremely cool fanartist she keeps running into? *Ship It* is a funny, tender, and honest look at all the feels that come with being a fan.

In this wholly original work of film criticism, David Thomson, celebrated author of *The Biographical Dictionary of Film*, probes the many ways in which sexuality has shaped the movies--and the ways in which the movies have shaped

sexuality. Exploring the tangled notions of masculinity, femininity, beauty, and sex that characterize our cinematic imagination--and drawing on examples that range from advertising to pornography, Bonnie and Clyde to Call Me by Your Name--Thomson illuminates how film as art, entertainment, and business has historically been a polite cover for a kind of erotic séance. In so doing, he casts the art and the artists we love in a new light, and reveals how film can both expose the fault lines in conventional masculinity and point the way past it, toward a more nuanced understanding of what it means to be a person with desires. Provides a behind-the-scenes look at life on the set of the television program "Save by the Bell," along with a memoir of the life of the actor who played "Screech" on the show. This practical book with illustrations links Alexander technique to acting, dancing and singing by the trainer of performers on The Lion King The Alexander Technique is a method of physical relaxation that reduces tension and strain throughout the body. It promotes a beneficial use of movement that is stress-free by learning to free-up the body. It teaches an individual to use their body efficiently in order to avoid damage or loss of control. Kelly McEvenue has been teaching the Alexander Technique to performers for nearly twenty years and is a world expert on the system. In this book she draws on her considerable experience and sets up a series of set-by-step warm-ups and exercises that anybody can follow. The exercises are linked to accurate anatomical drawings, showing where stress is most pronounced in the body. The Foreword is by

Patsy Rodenburg, Head of Voice for the Royal National Theatre and author of Methuen titles *The Right to Speak* and *The Actor Speaks*.

A vital companion for actors in rehearsal - a thesaurus of action-words to revitalise performance, with a foreword by Terry Johnson. Finding the right action is an essential part of the process of preparation for the actor. Using this thesaurus of active verbs, the actor can refine the action-word until s/he hits exactly the right one to help make the action come alive. The method of 'actioning' is widely used in rehearsal rooms, but has never before been set down in a systematic and comprehensive way. 'If you want to act, or act better, *Actions* will take you a long way on the journey to excellence' Terry Johnson

First Time in Print Updated and expanded To win a role in a movie or on network or cable TV, you must make a strong first impression in your brief, crucial audition—and the first person you have to impress is the casting director. In *How to Audition On Camera*, Casting Director Sharon Bialy answers the twenty-five questions actors ask most frequently about how to nail an audition. What is the casting director looking for? If you mess up, can you start over? What is the most common mistake experienced actors make? Should you audition off book or can you look at the page? Should you dress in character? How much can you improvise?

Actors—both novice and professional—are often misled by myths and outdated prescriptions. This guide replaces such misinformation with concise and accurate advice from someone who is in the room helping to make the decision on who gets the job. Bialy gets readers started immediately on the road to screen acting success.

The Actor's Secret Techniques for Transforming Habitual Patterns and Improving Performance North Atlantic Books

INTERNATIONAL BESTSELLER • A contemporary literary classic and "an accomplished psychological thriller ... absolutely chilling" (Village Voice), from the Pulitzer Prize-winning author of *The Goldfinch*.

Under the influence of their charismatic classics professor, a group of clever, eccentric misfits at an elite New England college discover a way of thinking and living that is a world away from the humdrum existence of their contemporaries. But when they go beyond the boundaries of normal morality their lives are changed profoundly and forever, and they discover how hard it can be to truly live and how easy it is to kill.

The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—*The Secret*—and, later that year, Rhonda Byrne followed with a book that became a worldwide

bestseller. Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation that will be life-transforming for all who experience it. In this book, you'll learn how to use The Secret in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life. The Secret contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of The Secret, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.

Presents different techniques for stage and screen actors, including a new approach to acting and advice on auditioning, developing a character, and playing difficult roles.

When it was first published in 1993, *Secrets of Screen Acting* broke new ground in explaining how acting for the camera is different from acting on stage. Reaction time is altered, physical timing and placement are reconceived, and the proportions of the digital frame itself become the measure of all

things, so the director must conceptualize each image in terms of this new rectangle and actors must 'fit' into the frame. Based on a revolutionary non-Method approach to acting, this book shows what actually works: how an actor, an announcer--anyone working in front of the cameras--gives excellent performances on screen. Instead of starting with what is real and trying to wrestle that onto the screen, Patrick Tucker explains how to work with the realities of a shoot and work from there towards the real. His step-by-step guide to the elements of effective screen acting is an extension and explanation of a lifetime of work in the field, containing over 50 acting exercises and the tried-and-tested Screen Acting Checklist. As well as being completely updated to cover new techniques, film references and insights, this third edition now includes a set of Film Clip Time Codes for each film. These not only itemise the films discussed in each chapter, but also pinpoint the precise moments where each example can be found so that students, teachers, and professional actors can refer to them quickly and easily.

Offering revolutionary new training for the actor, *The Actor's Secret* teaches actors and performers how to incorporate the fundamentals of the Alexander Technique, Somatic Experiencing®, and Breathing Coordination in order to reduce performance anxiety and stress; improve stage presence, breathing, and

vocal production; and restore well-being and healthy functioning. These three kinesthetic disciplines are designed to lead to profound change and healing through body-mind reeducation. Part I explains in detail the principles of the three techniques. A practical method for self-improvement and neuromuscular reeducation, the Alexander Technique focuses on changing inefficient habits of movement and patterns of tension that inhibit the ability to move easily. Breathing Coordination helps increase breathing capacity and awareness. A method for resolving emotional trauma, Somatic Experiencing® follows a process of tracking bodily sensations to restore vitality and health. Enhanced with over 100 instructive photos, Parts II and III present explorations and exercises that draw on elements of the three methods. Topics covered include the importance of presence and non-doing; the proper mechanics of vocalization and singing; the understanding of character and role; and the actor's journey from auditions to performance, including initial script preparation, rehearsal, monologue, and scene work. Developed by Betsy Polatin, a movement specialist and master lecturer at Boston University's College of Fine Arts, the book's exercises provide the actor with simple tools for exploring his or her acting work. Most techniques and self-help books teach a new way of "doing." The secret of this book lies in "non-doing." When the

actor learns to first recognize and then suspend habitual patterns, he or she opens the door to deeper artistic choices. "I have worked with many fine Alexander Technique teachers over the years and Betsy Polatin is far and away one of the finest. Her touch, her instincts, and her knowledge are miraculous."—Andre Gregory, actor and director, *My Dinner with Andre*

Each of us has an everyday self that we assume our self to be. But what if there is more to us than meets the eye? What if there is an expanded version of our self that includes not only the habitual patterns, the lost parts, and the innate organization but also a connection to the grand, scintillating space of the universe and the possibilities it offers us?

HUMANUAL is a unique and comprehensive approach to self-knowledge and self-improvement, offering a clear, concise, and rather simple set of explanations and exercises to facilitate understanding and unity of body, mind, and spirit. Many of us have lost our connection to each other, the planet, ourselves, and our bodies, causing distress and discomfort. But in actuality, we have a wealth of resources inside of us that we can learn to enliven and use to our advantage to access health and well-being. Anyone can use the exercises in this book for personal exploration and growth. You will learn: How to become aware of habitual thought and movement patterns that prevent you from embodying

your full sense of Self in body, mind, and spirit. How to breathe to full capacity, with maximum efficiency and minimal effort, according to our inherent design, which fully oxygenates your system to feel more awake and alive in the present moment. How to cope with and resolve overwhelming experiences, and handle stress that can hinder enjoyment of a rich, positive experience of life. How to awaken your inherent potential by finding the support from the ground that can lead to full stature and expansion, while noting how trauma and overwhelm can interfere with this process. HUMANUAL will help you learn to use what you already have within you . . . and expand your full potential! Learn to do whatever you do with just a bit more presence in every minute. The book is both instructional and inspirational.

**#1 NEW YORK TIMES BESTSELLER • Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor's unflinching honesty, unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN**

“McConaughey’s book invites us to grapple with the lessons of his life as he did—and to see that the point was never to win, but to understand.”—Mark Manson, author of *The Subtle Art of Not Giving a F\*ck* I’ve been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of

clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges—how to get relative with the inevitable—you can enjoy a state of success I call “catching greenlights.” So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it's medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing

that the yellows and reds eventually turn green too. Good luck.

Jenna Fischer's Hollywood journey began at the age of 22 when she moved to Los Angeles from her hometown of St. Louis. With a theater degree in hand, she was determined, she was confident, she was ready to work hard. So, what could go wrong? Uh, basically everything. The path to being a professional actor was so much more vast and competitive than she'd imagined. It would be eight long years before she landed her iconic role on *The Office*, nearly a decade of frustration, struggle, rejection and doubt. If only she'd had a handbook for the aspiring actor. Or, better yet, someone to show her the way—an established actor who could educate her about the business, manage her expectations, and reassure her in those moments of despair.

Jenna wants to be that person for you. With amusing candor and wit, Fischer spells out the nuts and bolts of getting established in the profession, based on her own memorable and hilarious experiences. She tells you how to get the right headshot, what to look for in representation, and the importance of joining forces with other like-minded artists and creating your own work—invaluable advice personally acquired from her many years of struggle. She provides helpful hints on how to be gutsy and take risks, the tricks to good auditioning and callbacks, and how not to fall for certain scams (auditions in a guy's apartment are

probably not legit—or at least not for the kind of part you're looking for!). Her inspiring, helpful guidance feels like a trusted friend who's made the journey, and has now returned to walk beside you, pointing out the pitfalls as you blaze your own path towards the life of a professional actor.

"Concise and engaging, Michael Bloom's book is for anyone who has ever uttered the phrase, "But what I really want to do is direct."--BOOK JACKET.

Your Body Knows provides the foundation actors need to move with ease and power. It is a practical guide to movement starting at the very beginning: knowing your body and experiencing how it works. Through the work of F.M. Alexander, Rudolf Laban, and Michael Chekhov, this book offers basic training in movement fundamentals. Its step-by-step process supports the actor's work in any acting or movement training program and as a working professional. The book focuses on three main areas of exploration: Body facts – Know your body and its design for movement. Let go of misinformed ideas about your body. Move more freely, avoid injury, and develop a strong body-mind connection. Movement facts – What is movement? Discover the movement fundamentals that can serve your art. Explore new ways of moving. Creative Inspiration – Connect your body, mind, and imagination to liberate authentic and expressive character movement. Your Body Knows: A Movement Guide for Actors is an excellent

resource for acting students and their teachers, promoting a strong onstage presence and awakening unlimited potential for creative expression.

A darkly comic tale by the actor, artist and author of *Pao Alto* is told in the style of Alcoholics Anonymous 12-step testimonials, scripts, letters, diary entries and other forms that explore the nature and purpose of acting while sharing moving and satirical portraits of actors who did not achieve fame.

In *Mythic Imagination and the Actor*, Marissa Chibás draws on over three decades of experience as a Latinx actor, writer, filmmaker, and teacher to offer an approach to acting that embraces collective imagination, archetypal work, and the mythic. The book begins with a comparative analysis between Method Acting and Mythic Acting, encouraging actors to push past the limits of singular life experience and move to a realm where imagination and metaphor thrive. In the context of Mythic Acting, the book explores awareness work, solo performance creation, the power of archetypes, character building exercises, creating a body/text connection, and how to be the detective of your own process. Through this inclusive guide for a new age of diverse performers traversing gender, ability, culture, and race, readers are able to move beyond their limits to a deep engagement with the infinite possibilities of rich imagination. The final chapter

empowers and motivates artists to live healthfully within the practice and create a personal artistic vision plan. Written for actors and students of Acting, American Drama, and Film and Theatre Studies, *Mythic Imagination and the Actor* provides practical exercises and prompts to unlock and interpret an actor's deepest creative sources.

Olivia Dade bursts onto the scene in this delightfully fun romantic comedy set in the world of fanfiction, in which a devoted fan goes on an unexpected date with her celebrity crush, who's secretly posting fanfiction of his own. Marcus Caster-Rupp has a secret. The world may know him as Aeneas, star of the biggest show on television, but fanfiction readers call him something else: *Book!AeneasWouldNever*. Marcus gets out his frustrations with the show through anonymous stories about the internet's favorite couple, Aeneas and Lavinia. But if anyone discovered his online persona, he'd be finished in Hollywood. April Whittier has secrets of her own. A hardcore Lavinia fan, she's long hidden her fanfic and cosplay hobbies from her "real life"—but not anymore. When she dares to post her latest costume creation on Twitter, her plus-size take goes viral. And when Marcus asks her out to spite her internet critics, truth officially becomes stranger than fanfiction. On their date, Marcus quickly realizes he wants more from April than a one-time publicity stunt. But when he discovers she's Unapologetic

Lavinia Stan, his closest fandom friend, he has one more huge secret to keep from her. With love and Marcus's career on the line, can the two of them stop hiding once and for all, or will a match made in fandom end up prematurely cancelled?

What does it take to control your performance nerves, to feel confident when facing audiences, and to acquire mastery of your talent? How can you feel secure in the knowledge that you are giving your best? This second edition of *Secrets of Performing Confidence* helps you to find solutions to these questions, and shows you skills and techniques for improving your motivation, confidence, creativity and peak performance. It also gives you a range of effective strategies for dealing with auditions, stress, burnout, fame and performance anxiety. The authors draw on a wealth of knowledge that comes from working closely with leading performers in the fields of music, acting and dance. Throughout, they emphasise practical steps that can be easily assimilated and used for all kinds of performance situations. Featuring a wealth of new material for a modern world of new media and technology, *Secrets of Performing Confidence* helps to sharpen all the skills you need to survive and flourish in an increasingly competitive performing environment. A masterful introduction to the actor's craft presents a series of rigorous but flexible exercises, based on the Meisner Technique of acting, designed to help

actors deal with a wide variety of performance challenges. Original. 15,000 first printing.

A highly successful, award-winning independent producer shares his funny, practical, and innovative approach to breaking into film or television, whether you want to direct, act, write, or produce. It doesn't take film school or expensive, high-tech equipment to make a brilliant—and marketable—movie today, says successful maverick producer Dean Silvers. For aspiring filmmakers, it's easier than ever to produce—and sell—their work. *Secrets of Breaking into the Film and TV Business* is packed with concrete, proven advice to help you follow in the footsteps of today's cinematic giants, many of whom broke out with runaway independent successes. Drawing from his own experience as a filmmaker, Silvers offers essential tips and a wealth of invaluable knowledge about every aspect of the moviemaking business, from Internet shorts to how to adapt, option, and collaborate on feature-length films (with shoestring budgets).

“Much like Donna Tartt’s *The Secret History*, M. L. Rio’s sparkling debut is a richly layered story of love, friendship, and obsession...will keep you riveted through its final, electrifying moments.”  
—Cynthia D’Aprix Sweeney, *New York Times* bestselling author of *The Nest* “Nerdily (and winningly) in love with Shakespeare...Readable, smart.” —*New York Times Book Review* On the day

Oliver Marks is released from jail, the man who put him there is waiting at the door. Detective Colborne wants to know the truth, and after ten years, Oliver is finally ready to tell it. A decade ago: Oliver is one of seven young Shakespearean actors at Dellecher Classical Conservatory, a place of keen ambition and fierce competition. In this secluded world of firelight and leather-bound books, Oliver and his friends play the same roles onstage and off: hero, villain, tyrant, temptress, ingénue, extras. But in their fourth and final year, good-natured rivalries turn ugly, and on opening night real violence invades the students' world of make-believe. In the morning, the fourth-years find themselves facing their very own tragedy, and their greatest acting challenge yet: convincing the police, each other, and themselves that they are innocent. *If We Were Villains* was named one of *Bustle's Best Thriller Novels of the Year*, and *Mystery Scene* says, "A well-written and gripping ode to the stage...A fascinating, unorthodox take on rivalry, friendship, and truth."

Politicians continually tell us that anyone can get ahead. But is that really true? This important best-selling book takes readers behind the closed doors of elite employers to reveal how class affects who gets to the top. Friedman and Laurison show that a powerful 'class pay gap' exists in Britain's elite occupations. Even when those from working-class backgrounds make it into prestigious jobs, they earn,

on average, 16% less than colleagues from privileged backgrounds. But why is this the case? . Drawing on 175 interviews across four case studies - television, accountancy, architecture, and acting – they explore the complex barriers facing the upwardly mobile. This is a rich, ambitious book that demands we take seriously not just the glass but also the class ceiling.

In this updated rich resource for actors, renowned movement teachers and directors reveal the physical skills needed for the stage and the screen. Readers will gain remarkable insights into the physical skills and techniques used in a wide variety of performance styles through ready-to-use exercises and approaches. Included in this new edition are chapters covering: Stage combat Yoga for actors Martial arts Body-mind centering Authentic movement Bartenieff fundamentals Grotowski-based movement Those who want to pursue serious training will be able to consult the appendix for listings of the best teachers and schools in the country. This inspiring collection is a must-read for all actors, directors, and teachers of theater looking for stimulation and new approaches. Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting,

film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

[Copyright: 5bb9cd104ac59045dd04eb88469491ad](https://www.industryinsiders.com/copyright/5bb9cd104ac59045dd04eb88469491ad)