



No Acting Please

Eric Morris, Joan Hotchkis

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Co-authored by Joan Hotchkis, this is Eric Morris's first book. The emphasis here is on first establishing a being state, eliminating the obstacles--such as tension, the actor's archenemy--and elevating the actor's awareness. As the title indicates, many of the techniques herein address the actor's need to avoid falling into the traps of concept and presentational acting. There is a complete chapter on sense memory--what it is, and how to practice it and apply it as an acting tool. There are over one hundred exercises, techniques and approaches for the actor to use in order to unblock his instrument, with various sections from Joan's personal journals.

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