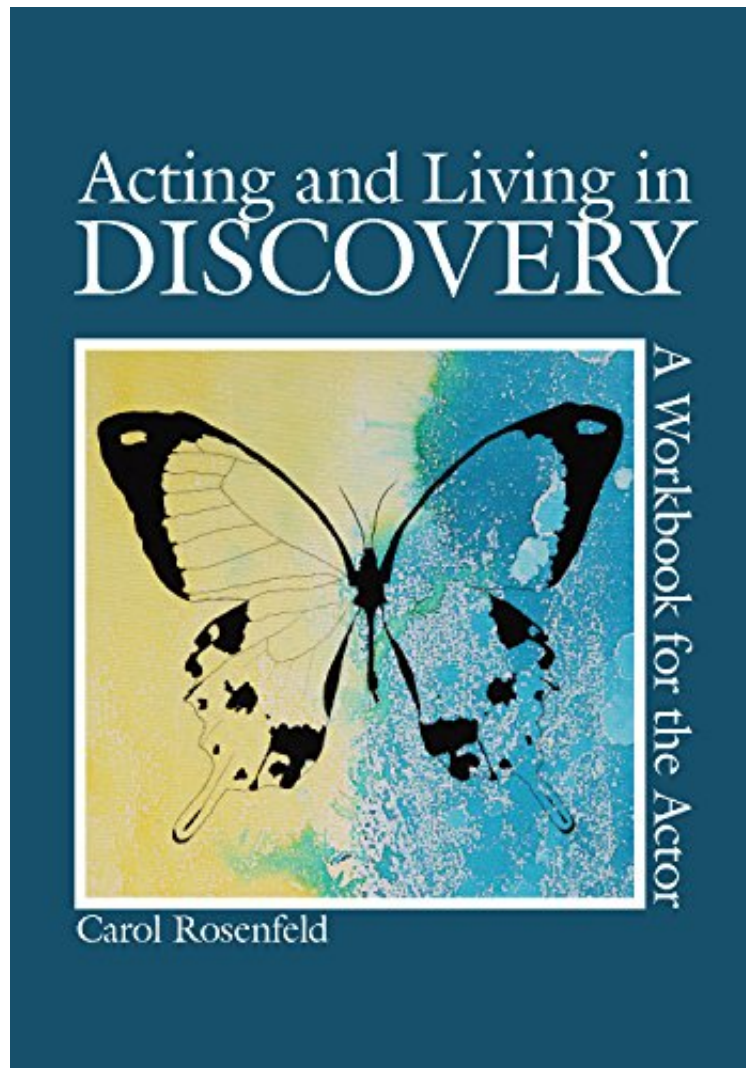


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## Acting and Living in Discovery: A Workbook for the Actor

*Carol Rosenfeld*

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**Carol Rosenfeld : Acting and Living in Discovery: A Workbook for the Actor** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Acting and Living in Discovery: A Workbook for the Actor:

0 of 0 people found the following review helpful. An Acting Workbook that Really Works!By Michael FolieThis is the most useful, straightforward and comprehensive approach to the craft of acting I've ever read. Carol Rosenfeld — a long-time acting instructor and leading light of the legendary HB Studio in NYC -- has provided a superb and practical acting workbook that any actor can begin using right away. Drawing on her years of experience, Rosenfeld provides specific guidance for every step of the actor's journey -- from training to auditioning; from how to get the most out of rehearsal, to how to keep performances fresh and growing with new discoveries. What Rosenfeld

understands and communicates better than any other acting book author I've read is that -- yes -- acting is a serious profession requiring tremendous focus and work to master, but it is also fun! -- enjoyable and endlessly rewarding -- as a profession or an avocation. I cannot recommend *Acting and Living in Discovery* strongly enough. Get it -- enjoy it -- use it! You'll begin to see the positive results in your acting work right away. 0 of 0 people found the following review helpful. GREAT BOOK! Carol Rosenfeld is brilliant By Conor GREAT BOOK! Carol Rosenfeld is brilliant! a must read for all serious actors 0 of 0 people found the following review helpful. Five Stars By Elenagreat

*Acting and Living in Discovery, A Workbook for the Actor* lays out essential fundamentals of the actor's process. Based on the author's experiences at the legendary HB Studio in New York City, *Acting and Living in Discovery* provides practical guidance for developing, honing, or revitalizing the actor's craft for the actor. A teacher can use the workbook to support a studio class, a special workshop, part of a university acting course, or private coaching. The chapters delve into basic facets of the acting process that lead the actor into discovering the corporal world of a script. Exercises at the end of each chapter invite the actor to discover the treasure trove of his unique self, and spell out the work an actor can do to wear the shoes of any character. The actor is at once the instrument and the player. The workbook can be read straight through or used as a reference for addressing a particular problem or topic.

"Carol's technique is the foundation on which I build my work. She offers a solid, practical way to find truth, creativity and spontaneity in a performance. On film and on stage, I have used Carol's approach to acting to help ground me and to ease self-consciousness. Carol has been a huge influence in lifting my view on all aspects of acting. I highly recommend all actors to learn from this wonderful teacher and woman." --James Saito