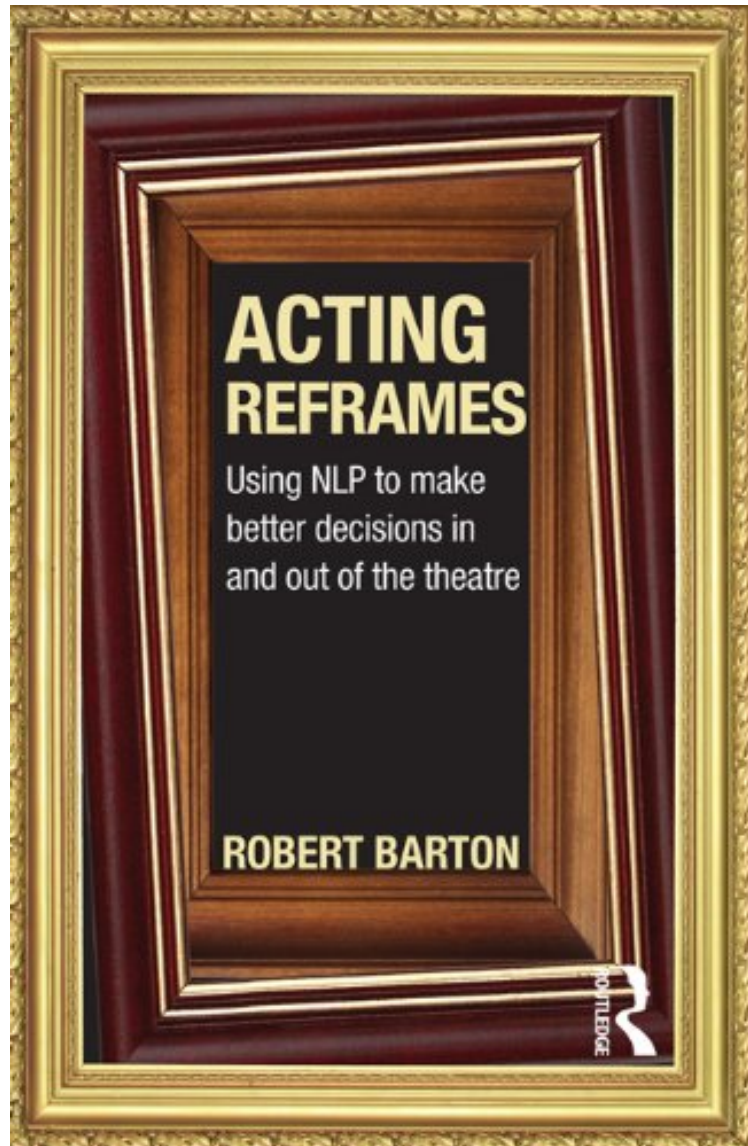


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## Acting Reframes: Using NLP to Make Better Decisions In and Out of the Theatre

*Robert Barton*

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**Robert Barton : Acting Reframes: Using NLP to Make Better Decisions In and Out of the Theatre** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Acting Reframes: Using NLP to Make Better Decisions In and Out of the Theatre:

1 of 1 people found the following review helpful. Barton Brings Long Overdue Credibility to a Powerful Tool for Actors. By David Ihrig For actors interested in Neuro-Linguistic Programming, this is an excellent introductory

book. There are so many misconceptions about what NLP is, and how people might use it, that many acting teachers have regrettably steered away from it. Anybody who knows the name Robert Barton knows he is one of the most well-rounded and well-informed acting clinicians in the world. His take on how actors can use NLP is a perfect first step into the field. An actor must have many ways of seeing the world and many ways of approaching their craft. After reading the first two chapters of this book, you will immediately increase your ability to perceive your world by 300 hundred percent! By teaching actors to explore the craft of acting using proven principles of NLP, Barton offers actors a simple, sensible, and concrete way to walk in the shoes of our characters. This is likely the future of actor's training and any actor serious about their craft would be remiss to leave this information on the table.

Acting Reframes presents theatre and film practitioners with a methodology for using Neuro-Linguistic Programming (NLP) as a tool to aid their practice. Author Robert Barton uses the NLP approach to illustrate a range of innovative methods to help actors and directors, including: reducing performance anxiety; enabling clearer communication; intensifying character analysis; stimulating imaginative rehearsal choices. The author also shows how NLP can be used alongside other basic training systems to improve approaches to rehearsal and performance. The book shows the use of NLP to the reader in a playful, creative and easily accessible style that is structured to enable solo study as well as group work. The text offers a range of engaging exercises and extensive analysis of language patterns used in performance. It is a source for enhancing communication between all theatre practitioners in training, productions, and daily life outside the theatre. Acting Reframes gives actors a richly rewarding approach to help them develop all aspects of their craft.

'Fundamentally this is a book on how to communicate better, and we all need that... The examples are clear and helpful, and the descriptions are lucid and cogent.' - David Krasner, Emerson College, USA 'The purpose of the book is clearly presented throughout; the tone is cheerfully accessible and the content of exercises is practical and useful to actors and teachers.' - Brigid Panet, Royal Academy of Dramatic Art, UK About the Author Robert Barton is Professor Emeritus of Acting at the University of Oregon. He is the author of *Acting: Onstage and Off*, *Voice: Onstage and Off* (with Rocco Dal Vera), *Theatre in Your Life* and *Life Themes* (with Annie McGregor) and *Style for Actors*. His column "Many Right Ways" appears in each edition of *The Voice and Speech*.