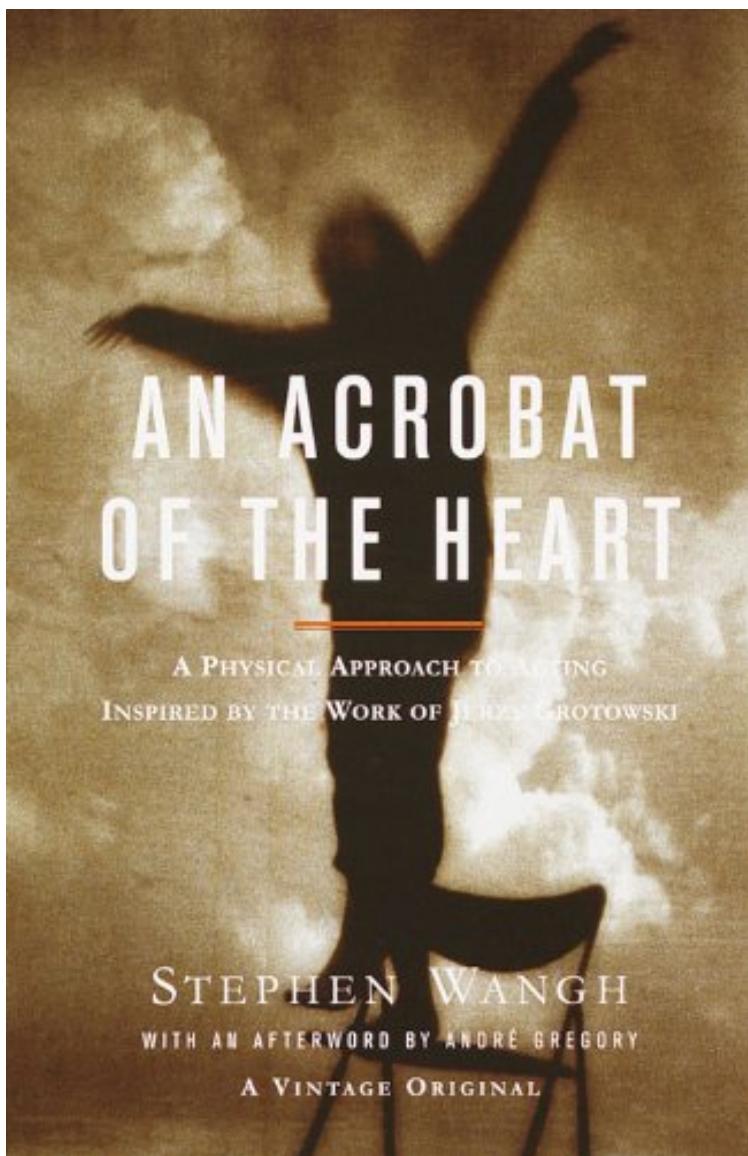


[Ebook free] An Acrobat of the Heart: A Physical Approach to Acting Inspired by the Work of Jerzy Grotowski

An Acrobat of the Heart: A Physical Approach to Acting Inspired by the Work of Jerzy Grotowski

Stephen Wangh
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highly recommend this book about one of the most unique acting coaches of our time. So much interesting insights into the world of acting and the motivation that drives a character. Well done, After reading this book, I wish that I had met him. I keep this book as a reference, and open it to different chapters as I prepare for a role. well written, and interesting. Easy to understand, yet complex enough to keep my interest. Interesting story as well, about a time when actors were adventurous and willing to take risks. When anyone who wanted to be onstage had already decided to be vulnerable and open, and find the truth behind their characters and the story. very inspirational book about a daring artist and instructor.0 of 0 people found the following review helpful. A Must Have for Any Actor or SingerBy singsingsingI have searched for a book like this for years. A vivid and detailed account of Polish acting coach Grotowski's physical process for actors and singers.0 of 0 people found the following review helpful. Relax and Enjoy the StageBy CustomerThis is really great in teaching relaxation techniques. It makes the point that acting involves the whole person and you act about as well as you feel. Relationships with other actors are extremely important, and your knowledge of yourself, including your flaws of character is also key to performing well. This is an unusual and very helpful approach to learning the art of acting, or polishing your craft if you are already an experienced actor.

"The actor will do, in public, what is considered impossible." When the renowned Polish director Jerzy Grotowski began his 1967 American workshop with these words, his students were stunned. But within four weeks they themselves had experienced the "impossible." In *An Acrobat of the Heart*, teacher-director-playwright Stephen Wangh reveals how Jerzy Grotowski's physical exercises can open a pathway to the actor's inner creativity. Drawing on Grotowski's insights and on the work of Stanislavski, Uta Hagen, and others, Wangh bridges the gap between rigorous physical training and practical scene and character technique. Wangh's students give candid descriptions of their struggles and breakthroughs, demonstrating how to transform these remarkable lessons into a personal journey of artistic growth. Courageous and compelling, *An Acrobat of the Heart* is an invaluable resource for actors, directors, and teachers alike. From the Trade Paperback edition.