

The Power Of The Actor The Chubbuck Technique

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Comprehending as without difficulty as pact even more than new will allow each success. adjacent to, the revelation as well as acuteness of this the power of the actor the chubbuck technique can be taken as capably as picked to act.

The Acting Bible Michael Powell 2010 Presents a guide to acting, covering such topics as technique, vocal training, movement, observation, screen acting, auditions, and career options.

Creating a Character Moni Yakim 1993 Actor and mime artist Moni Yakim reveals his time-tested techniques and step-by-step exercises for physically evoking a character. Beginning with a chapter on looking inward, Yakim gives exercises on discovering aspects of one's own character. Then he teaches the actor how to identify with qualities outside the self. Finally, he shows how to apply these techniques to 12 classical theatrical roles.

A Dream of Passion Lee Strasberg 1987-10-30 Marlon Brando, Al Pacino, Paul Newman, Dustin Hoffman, Dennis Hopper, Robert DeNiro, Marilyn Monroe, and Joanne Woodward-these are only a few of the many actors trained in "Method" acting by the great and legendary Lee Strasberg. This revolutionary theory of acting-developed by Stanislavsky and continued by Strasberg-has been a major influence on the art of acting in our time. During his last decade, Strasberg devoted himself to a work that would explain once and for all what The Method was and how it worked, as well as telling the story of its development and of the people involved with it. The result is a masterpiece of wisdom and guidance for anyone involved with the theater in any way. .

Acting for Film (Second Edition) Cathy Haase 2018-09-25 "It will not disappoint . . ." —Ian McKellen, from the Foreword An Authoritative Training Manual for Film Actors and Teachers "In today's entertainment industry of buff bodies and beautiful faces, it's easy to think that a couple of sit-ups and high cheek bones can create a movie legend," writes film veteran Cathy Haase. However, she adds, what the actor really must have are "technique, craft, and a depth of self-knowledge." In *Acting for Film, Second Edition*, Haase shows actors how to develop all of these, sharing her secrets (developed through years of on-camera work) for creating characters who come alive and who touch the souls of the audience. Readers will learn how to apply theatrical training to film acting and hone a personal approach to rendering a character. *Acting for Film, Second Edition*, is an essential guide for aspiring performers, acting teachers, and anyone interested in gaining a greater understanding of the craft. This new edition includes: Advice on dealing with new technology including CGI and motion capture Concentration and relaxation exercises that will enhance facial expressiveness Exploration of sense memory techniques for on-camera work Animal exercises and their usages Tips for maintaining proper eye focus in front of the camera and conveying the "beats" of a scene, even in the shortest takes For any performer who intends to make a living in front of the camera, *Acting for Film, Second Edition*, is

the most authoritative resource! With Haase's experience and advice in their pocket, readers will be prepared to land the film role they've been dreaming of.

Auditioning Joanna Merlin 2001 Provides a guide to auditioning for film and theatrical roles with confidence, including tips on preparing for a role, finding the right monologues and songs to showcase talent, and dealing with creative criticism.

Shakespeare Monologues for Men William Shakespeare 2009 Full of fresh speeches from Shakespeare's plays. Ideal for actors of all ages and experience.

The Intent to Live Larry Moss 2005-12 The legendary acting coach shares his inspirational philosophy and effective techniques—including case studies, exercises, and professional insights—designed to help actors connect personally with a script, develop a character from the inside out, overcome fear and inhibitions, hone technical skills, and more. Reprint. 17,500 first printing.

The Power of the Actor Ivana Chubbuck 2005-08-18 In *The Power of the Actor*, a Los Angeles Times bestseller, premier acting teacher and coach Ivana Chubbuck reveals her cutting-edge technique, which has launched some of the most successful acting careers in Hollywood. The first book from the instructor who has taught Charlize Theron, Brad Pitt, Elisabeth Shue, Djimon Hounsou, and Halle Berry, *The Power of the Actor* guides you to dynamic and effective results. For many of today's major talents, the Chubbuck Technique is the leading edge of acting for the twenty-first century. Ivana Chubbuck has developed a curriculum that takes the theories of the acting masters, such as Stanislavski, Meisner, and Hagen, to the next step by utilizing inner pain and emotions, not as an end in itself, but rather as a way to drive and win a goal. In addition to the powerful twelve-step process, the book takes well-known scripts, both classic and contemporary, and demonstrates how to precisely apply Chubbuck's script-analysis process. *The Power of the Actor* is filled with fascinating and inspiring behind-the-scenes accounts of how noted actors have mastered their craft and have accomplished success in such a difficult and competitive field.

Book on Acting Stephen Book 2002 "The Improvisation Technique is then applied to exercises with scripted lines, developing sophisticated improvisation skills for enhancing character, emotions, conflict, and agreement as well as improving the actor's audition process. Also included is a unique process for breaking down scripted scenes into improvisation choices."--BOOK JACKET.

The Actor's Art and Craft William Esper 2008-12-10 William Esper, one of the leading acting teachers of our time, explains and extends Sanford Meisner's legendary technique, offering a clear, concrete, step-by-step approach to becoming a truly creative actor. Esper worked closely with Meisner for seventeen years and has spent decades developing his famous program for actor's training. The result is a rigorous system of exercises that builds a solid foundation of acting skills from the ground up, and that is flexible enough to be applied to any challenge an actor faces, from soap operas to Shakespeare. Co-writer Damon DiMarco, a former student of Esper's, spent over a year observing his mentor teaching first-year acting students. In this book he recreates that experience for us, allowing us to see how the progression of exercises works in practice. *The Actor's Art and Craft* vividly demonstrates that good training does not constrain actors' instincts—it frees them to create characters with truthful and compelling inner lives.

Applied Meisner for the 21st-Century Actor Kevin Otos 2021-05-26 *Applied Meisner for the 21st-Century Actor* develops Meisner's core principles for the contemporary actor and presents a Meisner-

based acting technique that empowers practitioners to take ownership of their own creative process. In this book, the authors present the best, most applicable foundational components of Meisner's technique in a clear, pragmatic, and ethical manner, and advance Meisner's core principles with their own innovations. Drawing on the best practices of consent-based work, they outline a specific approach to creating clear boundaries for the actor and establishing an ethical acting studio. Filled with practical exercises, useful definitions and explanations of foundational principles, and helpful advice on how to recognize and overcome common acting traps and pitfalls, this book provides a replicable and flexible technique that puts the actor at the center of their training. Applied Meisner for the 21st-Century Actor offers actors and students of acting courses a workable technique that will foster growth and discovery throughout their career. The text also includes links to the companion website www.21CActor.com, where readers can engage with the material covered in the book and with Otos' and Shively's most up-to-date research, supplemental materials, and training opportunities.

The Actor's Checklist Rosary O'Neill 2012-10-04 Based on the Constantin Stanislavki method of acting, THE ACTOR'S CHECKLIST examines Stanislavki's eight principles in an easily understood checklist format. This exciting acting guide also includes insights from other famous acting teachers, including Uta Hagen, Sanford Meisner, Lee Strasberg, Michael Chekov, and Stella Adler. Providing techniques for use in both classroom and production situations, this edition features new chapters on time, place, and history, as well as a new appendix that covers movement and vocal warmups.

Acting in Film Michael Caine 2000-02-01 (Applause Books). A master actor who's appeared in an enormous number of films, starring with everyone from Nicholson to Kermit the Frog, Michael Caine is uniquely qualified to provide his view of making movies. This revised and expanded edition features great photos, with chapters on: Preparation, In Front of the Camera Before You Shoot, The Take, Characters, Directors, On Being a Star, and much more. "Remarkable material ... A treasure ... I'm not going to be looking at performances quite the same way ... FASCINATING!" Gene Siskel

Audition Michael Shurtleff 2009-05-26 The casting director for Chicago, Pippin, Becket, Gypsy, The Graduate, the Sound of Music and Jesus Christ Superstar tells you how you can find your dream role! Absolutely everything an actor needs to know to get the part is here: What to do that moment before, how to use humour; create mystery; how to develop a distinct style; and how to evaluate the place, the relationships and the competition. In fact, Audition is a necessary guide to dealing with all the "auditions" we face in life. This is the bible on the subject.

Acting with Passion Niki Flacks 2015-02-26 Based on the latest research from the fields of neuroscience and mind-body psychology, Acting With Passion offers a revolutionary new approach to the age-old problems of the actor: dealing with nerves, engaging the body, quieting the inner critic, auditioning, creating a character, and even playing comedy. With this step-by-step guide, actors who have struggled with 'visualization' and 'emotional recall' can learn an alternative method of accessing feelings through the release of chronic, subtle muscular tensions that connect into the brain at lightning fast speed and can actually produce emotions on cue. Written with verve and accessibility, and using practical exercises to guide the actor through each stage, Acting With Passion is the must-have text for actors seeking that magical 'state of aliveness'.

Acting Richard Boleslavsky 2019-02-11 The classic text on the craft of Method acting by the founder of The American Laboratory Theatre. After studying at the Moscow Art Theatre under Konstantin Stanislavski, Richard Boleslavsky became one of the most important acting teachers of his or any generation. Bringing Stanislavski's system to America in the 1920s and 30s, he influenced many of the

titans of American drama, from his own students—including Lee Strasburg and Stella Adler—to Marlon Brando, Paul Newman, and many others. In *Acting: The First Six Lessons*, Boleslavsky presents his acting theory and technique in a series of accessible and engaging dialogues. Widely considered a must-have for any serious actor, Boleslavsky's work has long helped actors better understand their craft.

Acting for the Camera Tony Barr 2012-08-21 Culled from Tony Barr's 40 years' experience as a performer, director and acting teacher in Hollywood, this highly praised handbook provides readers with the practical knowledge they need when performing in front of the camera. This updated edition includes plenty of new exercises for honing on-camera skills; additional chapters on imagination and movement; and fresh material on character development, monologues, visual focus, playing comedy and working with directors. Inside tips on the studio system and acting guilds make it particularly helpful for people new to the business, and numerous anecdotes from actors such as Morgan Freeman and Anthony Hopkins and examples from current movies illustrate its many lessons. It is perfect for acting classes, workshops, all actors who work in front of the camera -- and all those who want to.

Attention Will Be Paid Susan Batson 2014-01 100 original monologues with Backstories, Preparations, Personalizations, Emotional Sense Memories, and Sensory Conditions

The Power of the Actor Ivana Chubbuck 2005 A book from the leading instructor to the stars, whose client list includes Brad Pitt, Charlize Theron, Elizabeth Shue, Jim Carrey, Kate Hudson, David Duchovny, and Halle Berry who famously thanked Chubbuck in her Oscar acceptance speech for *Monster's Ball*. It describes in detail Ivana Chubbuck's acting technique.

Acting in LA Kristina Sexton 2017-11-21 Each year, hundreds of aspiring and experienced actors head to LA hoping to make it big in Hollywood. While many of them have their acting chops in shape, few realize what it actually takes to survive in Tinseltown. Even if they happen to make it onto a set, many are clueless about what's expected of them and how they should behave. *Acting in LA: How to Become a Working Actor in Hollywood* is exactly what these actors need: a handbook to arriving, surviving, and thriving on- and off-set in LA. Written by veteran Hollywood actor, acting coach, and acting teacher Kristina Sexton, this comprehensive guide takes no prisoners. With just enough snark to keep readers entertained—and on their toes—*Acting in LA* delivers solid advice on such topics as: Headshots, resumes, and reels How to find your “image” and market it The SAG/AFTRA debate Networking Agents and managers The importance of creating your own opportunities Maintaining a life outside of acting Set etiquette On-set terminology And much more A comprehensive guide that can be utilized by actors either inside or outside Hollywood, *Acting in LA* relies on Kristina's real-life experience as a working actress and exposes the pleasures, pitfalls, and practicalities of pursuing a career in acting.

The Audition Bible Holly Powell 2014-11-20 As a casting director for twenty-three years, Holly Powell witnessed the casting world from three different points of view: As an independent casting director, as Head of Casting for a Studio, and as a Network Casting Executive. From this unique perspective, she formed Holly Powell Studios, with her mission being to demystify the audition process for actors. Through using her The 6 Audition Tools Method, actors are guided into adopting the mental focus of the athlete and learn to control sabotaging thoughts that can derail an audition. **THE AUDITION BIBLE: Secrets Every Actor Needs To Know**, originally written as a companion piece to Holly's audition workshops, covers not only audition techniques and tools but answers many common questions about audition protocol. Anecdotal audition stories exemplify what works and what doesn't during the casting process. Part 1: *The Audition* is a handbook for any actor auditioning for any venue, be it television, film, theater, a commercial or a webisode. The actor travels through waiting in the lobby, walking into

the audition room, the audition itself, the people he encounters in the room, and finally exiting the audition room. Part 2: Auditioning For A Series-Regular Role guides the actor through the four steps it typically takes to book a series-regular role on a network television series: The Pre-Read with the Casting Director, The Callback for Producers, Reading for Studio Executives, and Testing at the Network. Even though the format in Part 2 is specifically geared toward auditioning for television, all actors in every medium will find invaluable information here that will apply to their individual audition circumstances. An audition is an audition is an audition."

The Actor and the Target Declan Donnellan 2006

Die Chubbuck-Technik Ivana Chubbuck 2017

At Left Brain Turn Right Anthony Meindl 2012-01 ."..shows you how to silence the noise of your left brain, ignite your creative side, and live the life you've always imagined"--P. [4] of cover.

Sanford Meisner on Acting Sanford Meisner 2012-11-07 Sanford Meisner was one of the best known and beloved teachers of acting in the country. This book follows one of his acting classes for fifteen months, beginning with the most rudimentary exercises and ending with affecting and polished scenes from contemporary American plays. Written in collaboration with Dennis Longwell, it is essential reading for beginning and professional actors alike. Throughout these pages Meisner is a delight—always empathizing with his students and urging them onward, provoking emotion, laughter, and growing technical mastery from his charges. With an introduction by Sydney Pollack, director of *Out of Africa* and *Tootsie*, who worked with Meisner for five years. "This book should be read by anyone who wants to act or even appreciate what acting involves. Like Meisner's way of teaching, it is the straight goods."—Arthur Miller "If there is a key to good acting, this one is it, above all others. Actors, young and not so young, will find inspiration and excitement in this book."—Gregory Peck

Enigma Variations Éric-Emmanuel Schmitt 2003 THE STORY: Nobel Prize-winning author Abel Zornoko lives as a recluse on a remote island in the Norwegian Seas. For fifteen years, his one friend and soulmate has been Helen, from whom he has been physically separated for the majority of their affair

How to Stop Acting Harold Guskin 2003-06-25 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.

True and False David Mamet 2011-09-07 One of our most brilliantly iconoclastic playwrights takes on the art of profession of acting with these words: invent nothing, deny nothing, speak up, stand up, stay out of school. Acting schools, "interpretation," "sense memory," "The Method"—David Mamet takes a jackhammer to the idols of contemporary acting, while revealing the true heroism and nobility of the craft. He shows actors how to undertake auditions and rehearsals, deal with agents and directors, engage audiences, and stay faithful to the script, while rejecting the temptations that seduce so many of their colleagues. Bracing in its clarity, exhilarating in its common sense, *True and False* is as shocking as it is practical, as witty as it is instructive, and as irreverent as it is inspiring.

No Acting, Please Eric Morris 1995 A collection of 125 acting exercises that are based on journal excerpts and dialogues from Mr. Morris' classes. These exercises teach the actor to systematically eliminate his or her instrumental obstacles -- tensions, fears, inhibitions -- and explore the "being" state,

where the actor does no more and no less than what he or she feels. 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 also a complete chapter on sense memory -- what it is, and how to practice it and apply it as an acting tool. Co-authored by Joan Hotchkis, and with a Foreword by Jack Nicholson.

The Power of the Actor Ivana Chubbuck 2005-08-18 In *The Power of the Actor*, a Los Angeles Times bestseller, premier acting teacher and coach Ivana Chubbuck reveals her cutting-edge technique, which has launched some of the most successful acting careers in Hollywood. The first book from the instructor who has taught Charlize Theron, Brad Pitt, Elisabeth Shue, Djimon Hounsou, and Halle Berry, *The Power of the Actor* guides you to dynamic and effective results. For many of today's major talents, the Chubbuck Technique is the leading edge of acting for the twenty-first century. Ivana Chubbuck has developed a curriculum that takes the theories of the acting masters, such as Stanislavski, Meisner, and Hagen, to the next step by utilizing inner pain and emotions, not as an end in itself, but rather as a way to drive and win a goal. In addition to the powerful twelve-step process, the book takes well-known scripts, both classic and contemporary, and demonstrates how to precisely apply Chubbuck's script-analysis process. *The Power of the Actor* is filled with fascinating and inspiring behind-the-scenes accounts of how noted actors have mastered their craft and have accomplished success in such a difficult and competitive field.

The Actor's Life Jenna Fischer 2017-11-14 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.

Acting Is Everything Judy Kerr 2017-09-07 In this actor's guidebook, renowned acting coach Judy Kerr shares her lifetime of techniques and tricks of the trade. She opens the doors of Hollywood to acting hopefuls and professionals with a straightforward road map for building their dreams and careers. The previous 11 editions have contributed to the success of thousands of readers. In this new Ebook Judy shares brand new content: including Acting Tools, private diary entries from those who have successfully applied *Acting Is Everything* to their careers, and more. A wonderful intro to the world of show biz. -- Jerry Seinfeld This is good, Judy, this is good. Julia Louis-Dreyfus First rate primer, excellent refresher course. -- Jason Alexander Informative and to the point. - Michael Richards

The Lyndon Technique Amy Lyndon 2009-02-01 Amy Lyndon is Hollywood's Premiere Booking Coach and creator of the revolutionary Lyndon Technique: *The 15 Guideline Map To Booking Handbook*.

Besides being a Coach and Mentor, she is also an Actress, Award Winning Director, Producer, Casting Director, and was a CEO of a successful Personal Management Company for 9 years. Her clients are Series Regulars, Guest Leads and Starring in Feature Films around the globe. Some of her Clients include: Nadine Velazquez (My Name is Earl), Adam Brody (The OC), Christel Khalil (The Young and the Restless), Hosea Chanchez (The Game), Sterling Knight (Sonny with a Chance), Kenton Duty (Shake It Up), Matthew J. Evans (Bad Teacher) and Raini Rodriguez (Austin and Ally). Lyndon won one of the Best Cold Reading Teachers in Los Angeles Backstage Magazine 2010, 2011 and 2012! The Lyndon Technique proves to be a practical approach to auditioning and booking the job on the first take. Each chapter provides detailed insight into each of Lyndon's 15 Guideline Map to Booking Technique. Lyndon travels Internationally to teach the principles of Booking, Marketing and running a successful business as an Actor. The information is applicable no matter where you live or where you are in your career.

Act David Rotenberg 2021-04-20 A lively, conversational textbook dedicated to the art of acting from a master teacher. *Act: The Modern Actor's Handbook* is the result of 30 years of one of North America's most renowned acting teachers teaching some of the world's most talented screen actors. This is a full tour through the concepts at the heart of Rotenberg's techniques: states of being, primaries and secondaries, images that you elaborate up or distill down, modifiers, actions and beats, and more. Although his methods loosely draw on the great acting teachers like Hagen and Meisner back to Stanislavski, he teaches new techniques suited to the best of today's screen actors. This is a major new work in the actor's library and will be pulled off the shelf time and again to find that key into a scene, to prepare for an audition, or to find that right technique to make the art come alive again.

The Power of the Actor Ivana Chubbuck 2005-08-18 In *The Power of the Actor*, a Los Angeles Times bestseller, premier acting teacher and coach Ivana Chubbuck reveals her cutting-edge technique, which has launched some of the most successful acting careers in Hollywood. The first book from the instructor who has taught Charlize Theron, Brad Pitt, Elisabeth Shue, Djimon Hounsou, and Halle Berry, *The Power of the Actor* guides you to dynamic and effective results. For many of today's major talents, the Chubbuck Technique is the leading edge of acting for the twenty-first century. Ivana Chubbuck has developed a curriculum that takes the theories of the acting masters, such as Stanislavski, Meisner, and Hagen, to the next step by utilizing inner pain and emotions, not as an end in itself, but rather as a way to drive and win a goal. In addition to the powerful twelve-step process, the book takes well-known scripts, both classic and contemporary, and demonstrates how to precisely apply Chubbuck's script-analysis process. *The Power of the Actor* is filled with fascinating and inspiring behind-the-scenes accounts of how noted actors have mastered their craft and have accomplished success in such a difficult and competitive field.

A Practical Handbook for the Actor Melissa Bruder 2012-04-25 This simple and essential book about the craft of acting describes a technique developed and refined by the authors, all of them young actors, in their work with Pulitzer Prize-winning playwright David Mamet, actor W. H. Macy, and director Gregory Mosher. *A Practical Handbook for the Actor* is written for any actor who has ever experienced the frustrations of acting classes that lacked clarity and objectivity, and that failed to provide a dependable set of tools. An actor's job, the authors state, is to "find a way to live truthfully under the imaginary circumstances of the play." The ways in which an actor can attain that truth form the substance of this eloquent book.

Acting with Power Deborah Gruenfeld 2021-04-06 "A refreshing and enlightening new perspective on what it means to be powerful."--Susan Cain, bestselling author of *Quiet* We all know what it looks like to use power badly. But how much do we really know about how to use power well? There is so much we

get wrong about power: who has it, what it looks like, and the role it plays in our lives. Grounded in over two decades' worth of scientific research and inspired by the popular class of the same name at Stanford's Graduate School of Business, *Acting with Power* offers a new and eye-opening paradigm that overturns everything we thought we knew about the nature of power. Although we all feel powerless sometimes, we have more power than we tend to believe. Power exists in every relationship, not just at the top of big institutions. It isn't merely a function of status or hierarchy, either. It's about how much we are needed and how well we take care of other people. We often assume that power flows to those with the loudest voice or the most commanding presence. But, in fact, true power is often much quieter and more deferential than we realize. Moreover, it's not just how much power we have but how we use it that determines how powerful we actually are. Actors aren't the only ones who play roles for a living. We all make choices about how to use the power that comes with our given circumstances. We aren't always cast in the roles we desire--or the ones we feel prepared to play. Some of us struggle to step up and be taken more seriously, while others have trouble standing back and ceding the spotlight. In *Acting with Power*, Deborah Gruenfeld shows how we can get more comfortable with power by adopting an actor's mindset. Because power isn't a personal attribute. It's a part we play in someone else's story.

The Warner Loughlin Technique Warner Loughlin 2018-01-12 For the first time in print, comes the revolutionary acting technique from the premiere acting coach of our era. Not a copy of the old masters, *The Warner Loughlin Technique* empowers the actor to create rich, nuanced and unique characters. Discover the technique used to help create some of the most remarkable performances of our time from actors such as Amy Adams, Ryan Reynolds, Kyra Sedgwick and countless other Oscar, Emmy, Golden Globe, Tony and Grammy nominees and winners. Loughlin debunks the myth of the tortured actor and guides you step by step through her groundbreaking technique revealing powerful ways to unlock your creativity in a psychologically safe way. Her insight into life and art is remarkable. *The Warner Loughlin Technique* changes the way acting will be taught for generations to come. Find out more at warnerloughlin.com. "I was able to find my voice, and to find tears and to find levels, because I was able to have a safe place to go, that I could come back from. With your technique, in character prep, when I visit a character's life, her past and create an event good or tragic - that belongs to her. I don't take ownership of that pain with me. I don't take it on as my own...So this allows me not to be scared to go there, which allows me freedom as an actress to do anything, because I don't own it. It belongs to my character."-Amy Adams "Working with Warner was a revelation. I doubted that I could ever work without "observing" and judging every moment. I will be forever grateful [to Warner] for helping me get back to the joy of living in the spontaneous truth of every scene."-Kyra Sedgwick "I've been working with Warner Loughlin for years. Not only has she helped me become a better actor, but she's also helped me truly enjoy this work in ways I never imagined."-Ryan Reynolds "Before I started working with Warner on the technique, I felt like acting was just something that I could some days do, and some days not do. It was only through doing deep emotion with detail on each of the characters I got, that I could act everyday how I wanted to, because I ended up knowing the character inside and out. The thoughts are no longer my own, but the characters', so I don't have to work as hard during the scenes. Now being on set and being the character is fun and never feels pushed. I love the technique and it has helped me immensely."-Sosie Bacon "I met Warner over 10 years ago. She has coached me through comedy, drama, and even life! She has not only given me tools to be better at my job, but tools to be 100% confident through the process."-Emma Roberts "Warner's Technique has become part of my creative process... It's simply the most intuitive way for me to find a character's base human emotion. Warner worked with us on Disney's *Frozen* for many months and helped us create truthful characters... I've never felt so comfortable animating a character before and I think the sophistication in the performance in the film speaks for itself."-Lino DiSalvo, Head of Animation for Disney's *Frozen*

Book the Job Doug Warhit 2003-01-01 Tools to master everything from "getting in the door without any connections", "crying on cue", "making the most of your close-up", "nailing sitcoms even if you don't think you're funny", to "what makes someone a star."

The Office Andy Greene 2020-03-24 AN INSTANT NEW YORK TIMES BESTSELLER The untold stories behind The Office, one of the most iconic television shows of the twenty-first century, told by its creators, writers, and actors When did you last hang out with Jim, Pam, Dwight, Michael, and the rest of Dunder Mifflin? It might have been back in 2013, when the series finale aired . . . or it might have been last night, when you watched three episodes in a row. But either way, long after the show first aired, it's more popular than ever, and fans have only one problem—what to watch, or read, next. Fortunately, Rolling Stone writer Andy Greene has that answer. In his brand-new oral history, *The Office: The Untold Story of the Greatest Sitcom of the 2000s*, Greene will take readers behind the scenes of their favorite moments and characters. Greene gives us the true inside story behind the entire show, from its origins on the BBC through its impressive nine-season run in America, with in-depth research and exclusive interviews. Fans will get the inside scoop on key episodes from "The Dundies" to "Threat Level Midnight" and "Goodbye, Michael," including behind-the-scenes details like the battle to keep it on the air when NBC wanted to pull the plug after just six episodes and the failed attempt to bring in James Gandolfini as the new boss after Steve Carell left, spotlighting the incredible, genre-redefining show created by the family-like team, who together took a quirky British import with dicey prospects and turned it into a primetime giant with true historical and cultural significance. Hilarious, heartwarming, and revelatory, *The Office* gives fans and pop culture buffs a front-row seat to the phenomenal sequence of events that launched *The Office* into wild popularity, changing the face of television and how we all see our office lives for decades to come.