



Acting with Passion: A Performer's Guide to Emotions on Cue (Performance Books)

Niki Flacks

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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'.

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