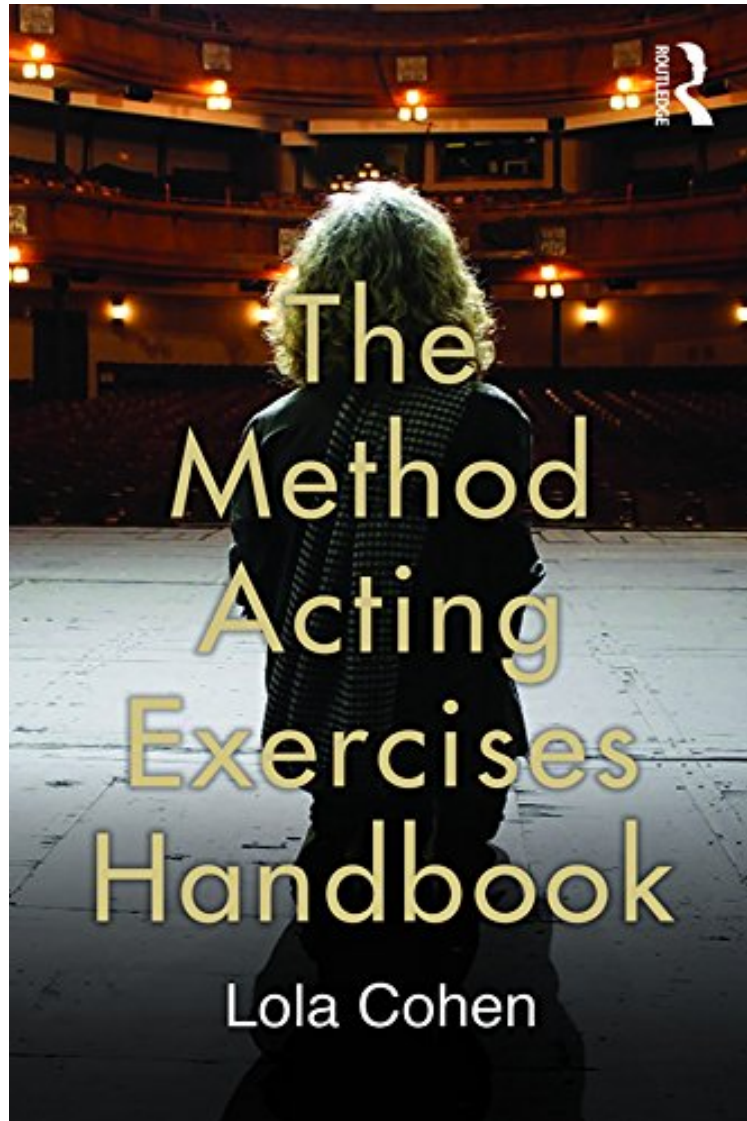


(Free) The Method Acting Exercises Handbook

The Method Acting Exercises Handbook

Lola Cohen

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Lola Cohen : The Method Acting Exercises Handbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Method Acting Exercises Handbook:

2 of 2 people found the following review helpful. An excellent, extensive resource for actorsBy SofiaThe Method Acting Exercises Handbook is a clear and comprehensive guide to doing Lee Strasberg's Method exercises and getting the most out of them. Lola Cohen is a wonderful teacher and this is reflected in her writing. She is simultaneously thorough and concise in her descriptions of each exercise. She guides you through each step with precision and detail, but also gives ideas that inspire you to work creatively and discover new things as you work. Lola

also acknowledges that Method exercises, although seemingly simple, can be problematic at times and includes those problem scenarios along with suggestions on how to fix them. Also, no exercise in the book is there for the sake of being there. Lola includes the purpose of each exercise, as well as multiple effects her students have encountered, so you know that you're always building towards something, even if you don't feel like you're getting palpable results at first. This book is a wonderful complement for Method acting lessons as it clarifies many doubts about the work and gives suggestions that expand your creative range when doing the exercises. And if you don't know what the Method really entails, it's a great source of introductory information because it gets into the essential principles and demystifies many myths and misconceptions.

The Method Acting Exercises Handbook is a concise and practical guide to the acting exercises originally devised by Lee Strasberg, one of the Method's foremost practitioners. The Method trains the imagination, concentration, senses and emotions to "re-creators" — not "imitators" — logical, believable and truthful behavior on stage and in film. Building on nearly 30 years of teaching internationally and at the Lee Strasberg Theatre and Film Institute in New York and Los Angeles, Lola Cohen details a series of specific exercises in order to provide clear instruction and guidance to this preeminent form of actor training. By integrating Strasberg's voice with her own tried and tested style of teaching, Cohen demonstrates what can be gained from the exercises, how they can inform and inspire your learning, and how they might be applied to your acting and directing practice. As a companion to *The Lee Strasberg Notes* (Routledge 2010), a transcription of Strasberg's own teaching, *The Method Acting Exercises Handbook* offers an unparalleled and updated guide to this world renowned technique.