



# Essential Acting: A Practical Handbook for Actors, Teachers and Directors

*Brigid Panet*

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How do actors fuse thought, emotion and action within their creative process?

Essential Acting is an inspired and reliable toolbox for actors and teachers in the classroom, the rehearsal room and the workshop. RADA's Brigid Panet has distilled nearly 60 years of acting, directing and actor training into a unique recipe which brilliantly combines the teachings of Stanislavsky and Laban into an invaluable practical resource.

These exercises are built around the need for simple, achievable techniques that can be applied by actors, teachers and directors to answer the myriad requirements of actor training. The goal is to produce a continuous level of achievement, addressing:

- How to rehearse
- How to work with a text
- How to audition for drama school
- How to access the truth of feelings and actions

Essential Acting will be a must-have purchase for anyone looking for a comprehensive study guide to the necessary work of the actor.

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