The Existential Actor: Life and Death Onstage and Off

Jeff Zinn

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This is a book for the thinking actor, and the finest actors I've known are just that. The best actors bring it all together: body, heart, spirit, and mind. This book is for the actor who thinks about craft and influence, who thinks about the relationship of performance to living, who thinks about doing and what that doing means. Acting is a metaphor, and it's a mirror. A theory of acting, if true, shows us to ourselves. Jeff Zinn knows this. He knows it as an actor, director, teacher, and thinker. His theory of everything is simple and revelatory.

(From the foreword by Todd London)



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