



The Sanford Meisner Approach Workbook II : Emotional Freedom

Larry Silverberg

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Shortly before his death, Sanford Meisner arranged for Larry Silverberg to create a written legacy of his teaching techniques. This book is the second of four books in the Sanford Meisner series.

In this extraordinary new book, Silverberg demystifies the emotional demands of acting and leads the actor through a process aimed at tapping into and deepening his own emotional instrument. Not only will actors gain insight into the whole realm of the emotions, they will see very clearly the traps most actors fall into when it comes to "being emotional" on stage. A healthier and more effective way of working will be taught - a way of working which brings the actor powerful and unique creativity to every part.

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