



## Acting: Onstage and Off

*Robert Barton*

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## **Acting: Onstage and Off** Robert Barton

Demonstrating how offstage performance can be effectively adapted for the theatre, as well as how onstage training can be applied toward leading a full life outside the theatre, **ACTING: ONSTAGE AND OFF, 7e** is a humorous yet informative book that discusses the interplay between life on and off the stage. It teaches you all phases of actor training, including scene study, auditioning, observation, and mind, voice and body relaxation techniques. "Breathing for Change" exercises help you practice altering your physical and emotional state to perform, while "Partner Rapport" provides strategies for connecting with other actors in your scene. In addition, words of wisdom from a variety of successful classic and contemporary actors give you valuable insight from seasoned and up-and-coming performers alike.

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