



Acting on Impulse: reclaiming the Stanislavski approach: A practical workbook for actors: 1 (Methuen Drama)

John Gillett

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"A manual full of enabling, easing exercises - it will enable you to analyse any scene. The cry of the actor at sea 'I don't know what I'm doing' should, with this book, become a thing of the past" Sam West

"I'd recommend this book to anyone wanting an introduction to Stanislavski or Michael Chekhov or acting in general." Matt Peover, LAMDA trainer and theatre director.

"Contains all the important things that need to be said about learning to act...in an extremely logical and sensible manner." Simon Dunmore, Editor *Actor's Yearbook*

An inspiring and technically thorough **practical** book for actors that sets down a systematic and coherent process for **organic (from the 'inside-out'/experienced emotion) acting**. The author offers a step-by-step, **Stanislavski-based** approach to text, role and performance to be used in everyday work and gathers together in one volume, the essential tools that serve to **recreate human experience**. A **nuts-and-bolts practical guide** with exercises for the actor to work through sequentially. Contains a Foreword by Sam West.

John Gillett builds on his experience of teaching at drama school level as well as 30 years of acting. For those acting students and professional actors who have become mystified and frustrated with trying to understand Stanislavski's approach, this book is an accessible guide to **inspire a truly real and audience-captivating performance**.

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