



The Expressive Actor: Integrated Voice, Movement and Acting Training

Michael Lugering

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"The study of acting should not begin with an exploration of feeling, perception, imagination, memories, intention, personalization, self-identification... or even performance—but physical action."

Michael Lugering's *The Expressive Actor* presents a foundational, preparatory training method, using movement to unlock the entire acting process. Its action-based perspective integrates voice, movement and basic acting training into a unified approach.

A wealth of exercises and diagrams guide the reader through this internationally taught program, making it an ideal step-by-step course for both solo and classroom use. Through this course, voice and body training becomes more than a simple skill-building activity – it is the central prerequisite to any actor training.

This new Routledge edition has been fully updated, to include:

- A revised prologue, further discussing the historical and philosophical grounding of The Lugering Method
- A new introduction, with particular focus on the integrative nature of the method and how the book should be used.
- New developments, clarifications, and 12 new exercises.
- 6 new illustrative diagrams.

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