



## The Expressive Actor: Integrated Voice, Movement, and Acting Training (Paperback)

By Michael Luger

Heinemann USA, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. The Expressive Actor is an innovative guide to training your body, mind, and spirit to deliver top-notch dramatic performances. Master teacher Michael Luger's pioneering approach and smart exercises synthesize the traditionally disparate disciplines of acting, voice, and movement into one unified method by placing you in direct contact with the physical sensations that are responsible for expressing your body's deepest, richest thoughts and feelings. Luger leads you through a series of voice and body exercises and a companion set of improvisational studies. His full-body actor's workout increases physical and vocal expressiveness by building the requisite dexterity, flexibility, strength, and freedom you need. Meanwhile the improvisations expand your emotional expressiveness by developing an awareness of and control over impulse, spontaneity, and creativity. The techniques in The Expressive Actor are repeatable, ideal for daily preparation, and can be practiced alone or with others to keep the voice and body ready for the demands of rehearsal and performance. Part inspiration and part perspiration, Luger's technique is thoroughly researched and brings together recent discoveries in philosophy, somatic psychology, neuroscience, and aesthetics to create a powerful new...



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