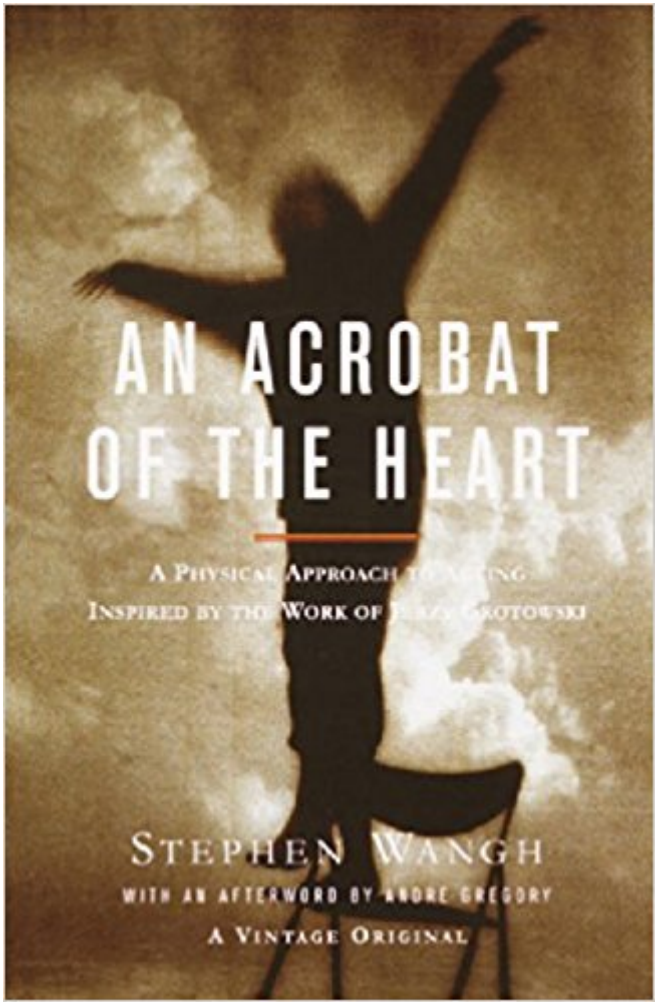
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An Acrobat Of The Heart: A Physical Approach To Acting Inspired By The Work Of Jerzy Grotowski



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Synopsis

"The actor will do, in public, what is considered impossible." When the renowned Polish director Jerzy Grotowski began his 1967 American workshop with these words, his students were stunned. But within four weeks they themselves had experienced the "impossible."In An Acrobat of the Heart, teacher-director-playwright Stephen Wangh reveals how Jerzy Grotowski's physical exercises can open a pathway to the actor's inner creativity. Drawing on Grotowski's insights and on the work of Stanislavski, Uta Hagen, and others, Wangh bridges the gap between rigorous physical training and practical scene and character technique. Wangh's students give candid descriptions of their struggles and breakthroughs, demonstrating how to transform these remarkable lessons into a personal journey of artistic growth. Courageous and compelling, An Acrobat of the Heart is an invaluable resource for actors, directors, and teachers alike.

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Customer Reviews

"Stephen Wangh is a wonderful acting teacher--. He has distilled his life's study of the actor's body in the creative act into a practical journey for the reader--. Best of all, the book is a useful guide for an actor's daily work in the studio."--Anne Bogart, director"An indispensable book for anyone studying modern theater--. Stephen Wangh is a master teacher."--MoisÃƒÂ©s Kaufman, playwright

A Vintage Original "The actor will do, in public, what is considered impossible." When the renowned Polish director Jerzy Grotowski began his 1967 American workshop with these words, his students

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As an actor, I highly recommend this book about one of the most unique acting coaches of our time. So much interesting insights into the world of acting and the motivation that drives a character. Well done, After reading this book, I wish that I had met him. I keep this book as a reference, and open it to different chapters as I prepare for a role. well written, and interesting. Easy to understand, yet complex enough to keep my interest. Interesting story as well, about a time when actors were adventurous and willing to take risks. When anyone who wanted to be onstage had already decided to be vulnerable and open, and find the truth behind their characters and the story. very inspirational book about a daring artist and instructor.

I have searched for a book like this for years. A vivid and detailed account of Polish acting coach Grotowski's physical process for actors and singers.

This is really great in teaching relaxation techniques. It makes the point that acting involves the whole person and you act about as well as you feel. Relationships with other actors are extremely important, and your knowledge of yourself, including your flaws of character is also key to performing well. This is an unusual and very helpful approach to learning the art of acting, or polishing your craft if you are already an experienced actor.

This is a great book for those of you who need some new techniques in warming - up, performing, and teaching exercises in a beginners theater class. The author tells his story of how a teacher he had affected how he was teaching his class. I am not a theater major, but had to take it for my dance major and found the text to be engaging!

I love this book. The Physicalization Wangh presents here was like a breath of fresh air to me. While

I’m not exactly convinced that all of the exercises in here will work for me personally, I love that a thoroughly original and fresh view of training is presented here. From a purely creative stance, this book goes far beyond my initial expectations. Wangh is greatly inspired by Jerzy Grotowski and in fact, this book inspired me enough to pick up his book Towards a Poor Theater, which is also a very good read.

I studied at Actor’s Space 30 years ago, and the work has continued to teach me through my whole life of performance and creation and spiritual work. This book shows Steve Wangh at his bestÃƒÂ¢Ã â ¬Ã â •I finally understand what they were trying to say! Great book. Really excellent as a learning, rehearsing, or teaching tool. Well-written too.

Essential for any actor!!!! Acting from the body is invigorating, truthful freeing. This book is easy to follow and the exercises are stunning.

An actor’s must-read.

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