



# The Energetic Performer: An Integrated Approach to Acting for Stage and Screen

*Amanda Brennan*

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# The Energetic Performer: An Integrated Approach to Acting for Stage and Screen

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**The Energetic Performer: An Integrated Approach to Acting for Stage and Screen** Amanda Brennan  
A new approach to actor training by a senior teacher, this illustrated manual shows how to use the body to produce rich, varied and truthful performances. The approach, rooted in the Michael Chekhov Technique, integrates ancient Qigong knowledge with somatic psychology and western actor training methods to identify the links between physical shape, emotion and feeling in performance. Supporting and illustrating the text, extensive practical exercises developed through actor training classes provide techniques to tune and adapt the body in preparation for creative work.

This book will enhance your understanding of the actor's craft, offering the opportunity to grow and advance your pre-existing skills. Warm ups and sequences of exercises will enable you to implement and fully understand this innovative approach. All of the work can be applied to live and screen performances.

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