



Strasberg's Method As Taught by Lorrie Hull: A Practical Guide for Actors, Teachers, Directors

S. Loraine Hull

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In 2005, a DVD, "The Method" was produced to complement this book. The DVD is sold by Amazon, is top quality technically, has a printed and picture menu, and is viewable in other countries.

Reissued and updated with new photos-

The book starts with the historical background, then the chapters move on to a detailed description of actor training and directing. Much of the "Directing" section is based on Elia Kazan among other notable directors and Strasberg.

This book lays out an entire course of training exercises in a most explicit, practical down-to-earth manner for an easy to read understanding of those techniques and procedures used in "Method" acting. The book also offers detailed guidance for actors and directors when working on a role as well as audition techniques for actors and directors.

The book takes the reader through every element of "The Method" and its vocabulary: Relaxation, Concentration, Sense Memory, Affective Memory, Improvisation, Preparing and Learning the Role, Class Scene Studies, Directing, Audition Tips, Theatre Games and Exercises for Youth ,among other valuable information (e.g. Appendices A & B include enlightening information about Stanislavski and Vakhtangov, while Appendix C explains, "Behaviorial Psychology as a Basis for the Method."

The book can be used as a textbook [and is world-wide], but it is also for theatre and film practitioners, as well as for enlightened theatre and film going and the general public.

In her foreword Susan Strasberg wrote, " When I read Lorrie Hull's book, I thought, "My God, she's done it! She's caught so much of the work. She got the answers, wrote them down, used them in her own twelve years of teaching for my father, and then translated it all into an understandable, explicit, practical book that offers valuable tools for any actor {beginner or professional), as well as for writers, directors, and teachers. I'm sure a lot of misconceptions about my father's work will be cleared up by this book...I feel sure that my father, 'Pop,' would be enormously pleased."

[For demonstrations of Method training, see "The Method" DVD and video with William Smithers, Shelley Winters, Martin Landau, and Cloris Leachman-also carried by Amazon)

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Arthur Sanchez:

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