



Acting: Onstage and Off

Robert Barton

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Demonstrating how offstage performance can be effectively adapted for the theatre, as well as how onstage training can be applied toward leading a full life outside the theatre, ACTING: ONSTAGE AND OFF is a humorous yet informative book that discusses the interplay between life on and off the stage. You'll learn everything from the phases of actor training to body-relaxation techniques.

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