



# Acting and Living in Discovery: A Workbook for the Actor

*Carol Rosenfeld*

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# Acting and Living in Discovery: A Workbook for the Actor

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**Acting and Living in Discovery: A Workbook for the Actor** Carol Rosenfeld

*Acting and Living in Discovery, A Workbook for the Actor* lays out essential fundamentals of the actor's process. Based on the author's experiences at the legendary HB Studio in New York City, *Acting and Living in Discovery* provides practical guidance for developing, honing, or revitalizing the actor's craft for the actor. A teacher can use the workbook to support a studio class, a special workshop, part of a university acting course, or private coaching. The chapters delve into basic facets of the acting process that lead the actor into discovering the corporal world of a script. Exercises at the end of each chapter invite the actor to discover the treasure trove of his unique self, and spell out the work an actor can do to wear the shoes of any character. The actor is at once the instrument and the player. The workbook can be read straight through or used as a reference for addressing a particular problem or topic.

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