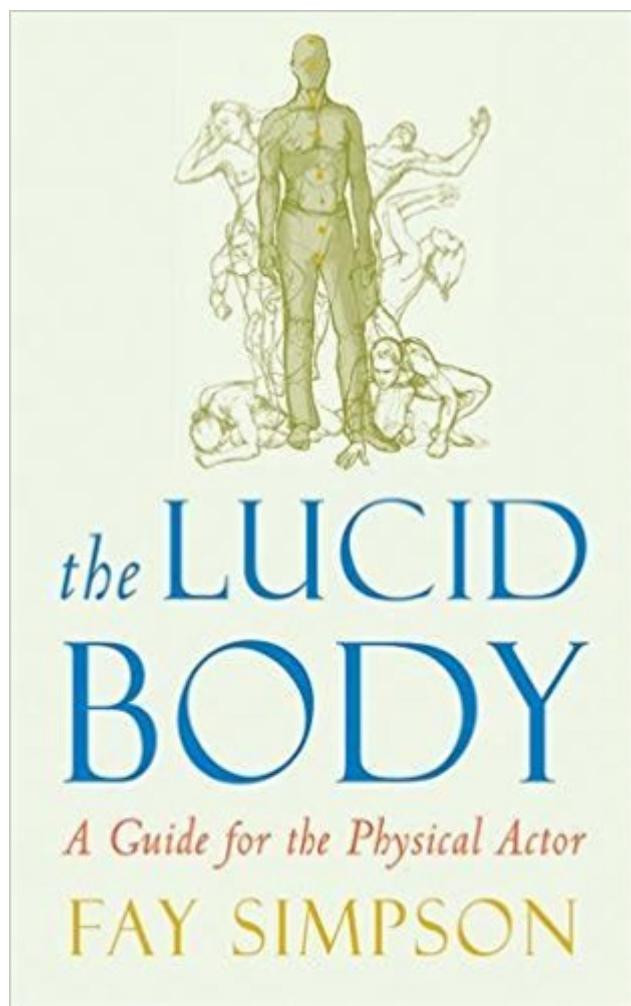


The book was found

# The Lucid Body: A Guide For The Physical Actor



## Synopsis

Actors! Engage your mind and your body in order to develop your characters fully. The Lucid Body technique breaks up stagnant movement patterns and expands your emotional and physical range. Through energy analysis, this program shows how to use physical training to create characters from all walks of life—however cruel, desolate, or neurotic those characters may be. Rooted in the exploration of the seven chakra energy centers, The Lucid Body reveals how each body holds the possibility of every human condition. Learn how to analyze the character, hear the inner body, dissect the self into layers of consciousness, and more.

## Book Information

Paperback: 224 pages

Publisher: Allworth Press; 1 edition (October 28, 2008)

Language: English

ISBN-10: 1581156510

ISBN-13: 978-1581156515

Product Dimensions: 6 x 6.1 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 20 customer reviews

Best Sellers Rank: #58,530 in Books (See Top 100 in Books) #55 in Books > Arts & Photography > Performing Arts > Theater > Acting & Auditioning #559 in Books > Textbooks > Humanities > Performing Arts #4492 in Books > Humor & Entertainment

## Customer Reviews

Fay Simpson is the founder of The Lucid Body actor training method and the co-founder of Impact Theater. An award-winning performer and writer, she has taught at the Yale School of Drama and created, directed, and produced many productions. She lives in New York City.

I was looking for some content in the performing arts field that connected art and spirituality. I didn't know what to expect from the Lucid Body, until I started chapter 1. Wow! It has been a journey, gave me a ton of insights, a great deal of references and interesting exercises. I absolutely recommend it for anyone in this search within the arts.

Excellent book. Helps me get into my characters.

If you can't take her class, then this is one way to get her teachings. She is a serious miracle worker, and as one who has taken her classes, you can't go wrong listening to her. Seriously recommend this to anyone, not just someone interested in acting!

Mind blowing, soul touching and body awakening. Amazing both for actor life and daily life.

Being human is a challenge and this book is a map for addressing those challenges and even turning them into art. If you want to understand yourself better and express yourself more consciously - read this book and play with the exercises. You will be amazed at what they reveal and you'll enjoy embodying more of yourself.

This book is amazing! It has changed my life! I think it can apply even to non-actors! Anyone with a desire to learn more about themselves, and an interest in creativity will love this book. Fay Simpson's voice is strong, clear, and accessible. I flew through it, and felt like I had a deeper understanding of myself afterward. Plus, I keep referring back to it! A very remarkable book.

No matter what kind of actor you are or want to be. Whether film, tv, classical or experimental theater, this book gives you a valuable and practical approach to character understanding and development. And discover about yourself too in the process. Easy read, practical and entertaining. A truly valuable tool for the actor and for anyone with an interest on the work of one of the greatest acting teachers in New York.

AMAZING!!!! Highly recommend this to any actor, or person for that matter looking to have a relationship with their own body and expression.

[Download to continue reading...](#)

Lucid Dreaming Easy Beginners Guidebook to Understand, Practice, and Master Lucid Dreaming With Advanced Tips and Techniques (Lucid Dreaming, Dreams, Mental ... Astral Projections, Self Help) The Lucid Body: A Guide for the Physical Actor How to Master Lucid Dreaming: Your Practical Guide to Unleashing the Power of Lucid Dreaming how to do and use the correct lucid dream: How To Easily Lucid Dream Tonight! (Best Guide Of 2017) Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis,

Dream Meanings, Lucid Dream) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) An Actor's Companion: Tools for the Working Actor More Short Scenes and Monologues for Middle School Students: Inspired by Literature, Social Studies, and Real Life (Young Actor Series) (Young Actor Series) (Young Actors Series) Heath Ledger: Talented Actor: Talented Actor (Lives Cut Short) Astral Projection: Learn The Secrets To Experience Out Of Body Control (Astral Travel, Consciousness, Lucid Dreaming Book 1) A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel Between the Gates: Lucid Dreaming, Astral Projection, and the Body of Light in Western Esotericism A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics Are You Dreaming?: Exploring Lucid Dreams: A Comprehensive Guide LSD: The Truth About Acid: The Ultimate Beginner's Guide to Lysergic Acid Diethylamide And Its Full Effects (LSD, Acid, Psychotherapy, Lucid Dreaming, Psychedelics) Dreams: The All-In-One Guide for Dream Interpretation and Lucid Dreaming to Uncover the Power of Your Subconscious Mind Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) Exploring the World of Lucid Dreaming Dream Journal Workbook: A Beginner's Guided Dream Diary for Lucid Dreaming and Dream Interpretation

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)