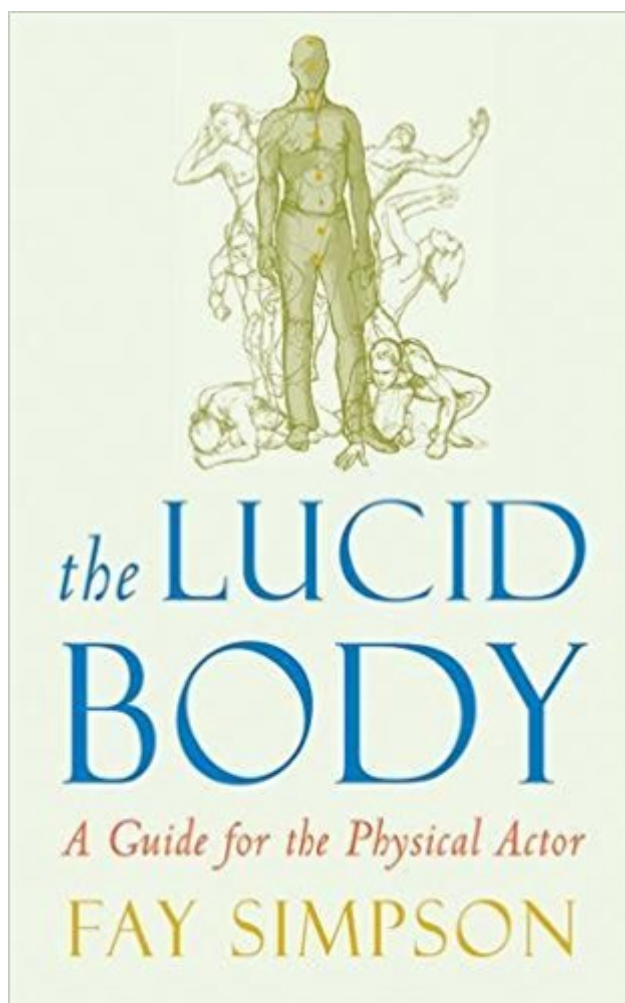




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# The Lucid Body: A Guide For The Physical Actor



## 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

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## 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.

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