



The Sanford Meisner Approach Workbook II : Emotional Freedom

By Larry Silverberg

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Shortly before his death, Sanford Meisner arranged for Larry Silverberg to create a written legacy of his teaching techniques. This book is the second of four books in the Sanford Meisner series.

In this extraordinary new book, Silverberg demystifies the emotional demands of acting and leads the actor through a process aimed at tapping into and deepening his own emotional instrument. Not only will actors gain insight into the whole realm of the emotions, they will see very clearly the traps most actors fall into when it comes to "being emotional" on stage. A healthier and more effective way of working will be taught -- a way of working which brings the actor powerful and unique creativity to every part.

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Editorial Review

Review

Silverberg's writing is concise and insightful throughout and makes the technique accessible to any committed student. --*Library Journal*

About the Author

Larry Silverberg is founder and Artistic Director of the Belltown Theatre Center in Seattle, WA. He is also on staff at the University of Washington where he teaches Master Classes in the Meisner Work, while continuing his own acting career. Larry is a past winner of the Warner Bros. Filmmaker of the Year Award for his film, *Flight in Masquerade*, and has also been busy directing for the stage. Larry is a graduate of the Neighborhood Playhouse School of Theater in New York City where he studied with master acting teacher, Sanford Meisner.

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