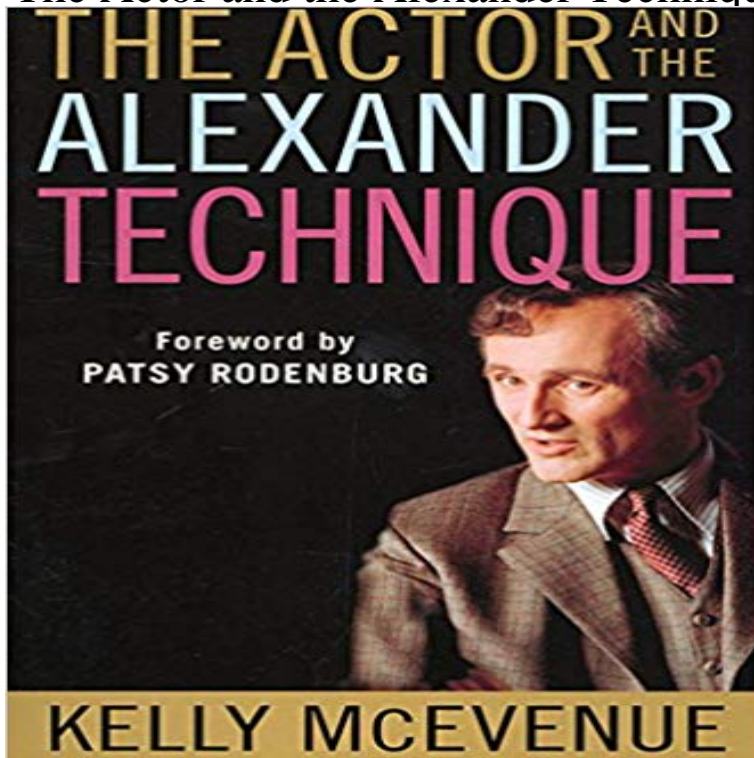


The Actor and the Alexander Technique



F.M. Alexander developed the Alexander Technique of movement in the early 20th century. Combining vocal clarity and body movement, Alexander developed a performance coaching method that is used by dancers, actors, singers, etc. In *The Actor and the Alexander Technique*, Kelly McEvenue writes the first basic book about how this unique technique can help actors feel more natural on the stage. She provides warm-up exercises, balance and center exercises, spatial awareness exercises. She talks about imitation, the use of masks, nudity on the stage, dealing with injury and aging. She talks about specific productions that have successfully used the Alexander Technique, such as *The Lion King*. With a foreword by Patsy Rodenburg of our own phenomenal *The Actor Speaks* this is a book that belongs on the shelf of every working and studying actor.

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