



A Field Guide to Actor Training

Laura Wayth

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(Limelight). A Field Guide to Actor Training will help you answer this question! The book is designed to be an introduction to various theater training methodologies, highlighting their basic tenets and comparing and contrasting each system of training and rehearsal. The goal is to provide a one-stop-shopping kind of resource for student/beginning actors who are seeking training through private studios or graduate schools and who crave guidance in selecting training that is right for them. Starting with the big question of "Why is actor training important?" and moving on to overviews of the major acting methodologies, vocal training, physical actor training, and advice on how to find the right kind of training for each individual, A Field Guide to Actor Training is an essential resource for the student actor.

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