

1. Record Nr.	UNINA9910459079503321
Autore	Mazur Gail
Titolo	Zeppo's first wife [[electronic resource]] : new and selected poems / / Gail Mazur
Pubbl/distr/stampa	Chicago, : University of Chicago Press, 2005
ISBN	1-282-58487-1 9786612584879 0-226-51450-1
Descrizione fisica	1 online resource (309 p.)
Collana	Phoenix poets
Disciplina	811/.54
Soggetti	American poetry Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Frontmatter -- Contents -- Acknowledgments -- New Poems -- They Can't Take That Away from Me (2001) -- The Common (1995) -- From The Pose of Happiness (1986) -- From NIGHTFIRE (1978)
Sommario/riassunto	from Enormously Sad . . . Sad, so sad-compared to what? To your earlier more oblivious state? It never was oblivious enough- always those presentiments of sadness prickling the limbic. Now a voice says, Get outside yourself, go walk on the flats. The tide's gone out- but your little metal detector will detect little metallic coins of enormous sadness in the teeming wet sand, and then, the tide will come back, erasing, cleansing! And you, standing there in the salty scouring air- will you still be enormously sad, While the other world, outside your tiny purview, struck by iron, reels? World of intentional iron, pure savage organized iron of the world, it hasn't the time that you have for your puny enormous sadness. Widely acclaimed for expanding the stylistic boundaries of both the narrative and meditative lyric, Gail Mazur's poetry crackles with verbal invention as she confronts the inevitable upheavals of a lived life. Zeppo's First Wife, which includes excerpts from Mazur's four previous books, as well as twenty-two new poems, is epitomized by the worldly longing of the title poem, with its searching poignancy and comic bravura. Mazur's explorations of "this fallen

world, this loony world" are deeply moving acts of empathy by a singular moral sensibility-evident from the earliest poem included here, the much-anthologized "Baseball," a stunning bird's-eye view of human foibles and passions. Clear-eyed, full of paradoxical griefs and appetites, her poems brave the most urgent subjects-from the fraught luscious Eden of the ballpark, to the fragility of our closest human ties, to the implications for America in a world where power and war are cataclysmic for the strong as well as the weak.

2. Record Nr.	UNINA9910157398803321
Autore	Hess Elizabeth
Titolo	Acting and Being : Explorations in Embodied Performance // by Elizabeth Hess
Pubbl/distr/stampa	London : , : Palgrave Macmillan UK : , : Imprint : Palgrave Macmillan, , 2016
ISBN	1-349-95106-4
Edizione	[1st ed. 2016.]
Descrizione fisica	1 online resource (XIII, 239 p. 10 illus.)
Disciplina	790
Soggetti	Performing arts Dance Self Identity (Psychology) Performing Arts Self and Identity
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part I. States of Being -- Chapter 1. Behavioral States -- Chapter 2. Physiological States -- Chapter 3. Psychological States -- Part II. Explorations in Embodied Performance -- Chapter 4. Behavioral Explorations -- Chapter 5. Physiological Explorations -- Chapter 6. Psychological Explorations -- Part III The Interplay of Acting & Being -- Chapter 7. Character Work -- Chapter 8. Scene Study -- Chapter 9. Production -- Bibliography.

'Elizabeth's process as both artist and teacher has evolved into a unique practice that reflects her physical aliveness, emotional openness and inquiring mind. She integrates existing physical theater modalities into a hybrid approach that also lends itself to multi-disciplinary and cross-cultural collaboration.' - Helen Cook, Director Emerita, New York University, USA, Tisch School of the Arts, Playwrights Horizons Theater School 'Acting & Being is what every actor needs to navigate the unknown and "play dangerously". It offers a clear and comprehensive guide for unlocking barriers and unleashing creative potential. Her genius lies in helping actors connect to the power of language and their physical instruments. This book will also help emerging actors find that power and tap into other 'states of being' that they didn't think were possible.' - Jeff Janisheski, Head of Acting, National Institute of Dramatic Art, Australia 'Elizabeth Hess' approach invites the actor through real play to awaken and invigorate the physical life of characters. I have seen her work provide the platform for fearless performances full of grace and discovery.' - Rachel Jett, Artistic Director, National Theater Institute, Eugene O'Neill Theater Center, USA In this book, educator-actor-playwright-director Elizabeth Hess offers systematic and original explorations in performance technique. This hybrid approach is a fusion of physical theater modalities culled from Western practices (Psycho-physical actions, Viewpoints) Eastern practices (Butoh, Kundalini yoga) and related performance disciplines (Mask, Puppetry). Behavioral, physiological and psychological 'states of being' are engaged to unlock impulses, access experience and enlarge the imagination. Through individual, partnered and collective explorations, actors uncover a character's essence and level of consciousness, their energy center and body language, and their archetype and relationship to universal themes. Magic (to pretend, as if), Metaphor (to compare, as like) and Myth (to pattern after, as in) provide the foundation for generating transformative, empathetic and expansive artistic expression. Explorations can be adapted to character work, scene study and production, including original/devised work and established text, to illuminate singular and surprising work through collaborative creativity that is inventive, inclusive and alive.
