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Nota di contenuto	Embodying Acting What neuroscience tells us about performance; Copyright; Contents; List of figures; List of tables; Acknowledgements; Preface; Introduction; Chapter 1 Why should theatre people be interested in cognitive studies?; Chapter 2 How does the actor communicate meaning non-verbally?; Chapter 3 What is the relationship between thought, physical action, and language?; Chapter 4 How does the actor create a character?; Chapter 5 How does the actor identify with the character?; Chapter 6 How does the actor embody emotion in fictional circumstances?; Conclusion; Notes; Bibliography; Index
Sommario/riassunto	'A focus on the body, its actions, and its cognitive mechanisms identifies ... foundational principles of activity that link the three elements of theatre; Story, Space, and Time. The three meet in, are defined by, and expressed through the actor's body.' - from the Introduction?Embodying Acting is an essential, pragmatic intervention in the study of how recent discoveries within cognitive science can - and should - be applied to performance. For too long, a conceptual

separation of mind and body has dominated actor training in the West.
Cognitive science has shown this binary to be illusory,