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Sommario/riassunto	""A manual full of enabling, easing exercises - it will enable you to analyse any scene. The cry of the actor at sea `I don't know what I'm doing" should, with this book, become a thing of the past" Sam West ""I'd recommend this book to anyone wanting an introduction to Stanislavksi or Michael Chekhov or acting in general." Matt Peover, LAMDA trainer and theatre director. ""Contains all the important things that need to be said about learning to act...in an extremely logical and sensible manner." Simon Dunmore, Editor Actor's Yearbook An inspiring and technically thorough practica