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	Sommario/riassunto	Acting Reframes presents theatre and film practitioners with a methodology for using Neuro-Linguistic Programming (NLP) as a tool to aid their practice.Author Robert Barton uses the NLP approach to illustrate a range of innovative methods to help actors and directors, including: reducing performance anxiety enabling clearer communication intensifying character analysis stimulating imaginative rehearsal choices.The author also shows how NLP can used alongside other basic training systems to improve approaches to rehearsal and perf