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Sommario/riassunto	Internationally renowned theatre director Anthony Nicholl has travelled the globe on a life-long quest to discover the true essence of theatre. Today, he gives a masterclass, demonstrating first-hand the methods he cultivated in Africa and throughout the world. Promise, an aspiring actress, has been hand-picked to participate. What unfolds between them forces Nicholl to question all of his assumptions about his life and art. How to Act explores the contemporary realities of personal, cultural and economic exploitation through two individuals drawn together in the theatre. Both believe in truth, but each has their own version of it.