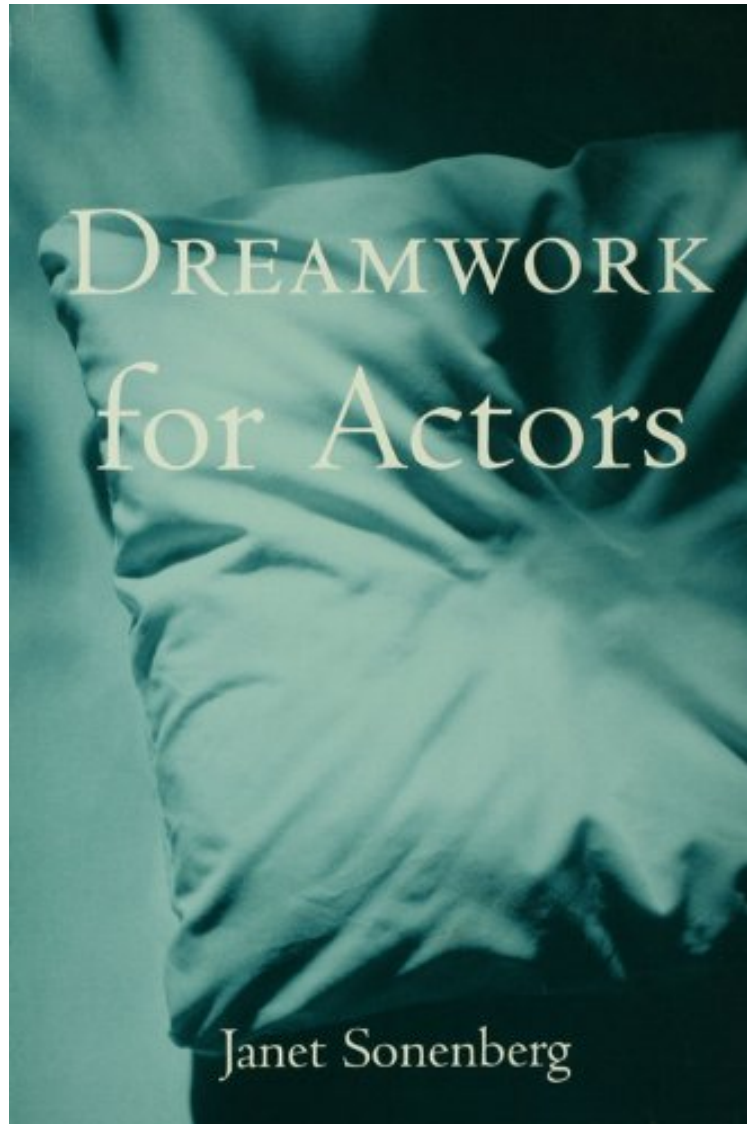


(Mobile ebook) Dreamwork for Actors (Theatre Arts Book)

Dreamwork for Actors (Theatre Arts Book)

Janet Sonenberg

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Janet Sonenberg : Dreamwork for Actors (Theatre Arts Book) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dreamwork for Actors (Theatre Arts Book):

6 of 6 people found the following review helpful. An Actor's Dream! By A Customer Janet Sonenberg has produced a book to die for. It gives actors the opportunity to mine their undiscovered selves for material, in places where Stanislavsky never looked, the dreaming imagination. I have used these techniques and their effect is astounding. Acting deepens, and even writing gets to be much more profound. A friend of mine, a painter, used it on her art, and started to find unusual inspiration. We can only be grateful for such work. It will influence the world of art for years to come. I'm glad I noticed it. 5 of 5 people found the following review helpful. An exciting new tool for actors and

directors!
By A Customer
As an actor, the more tools you have in your toolbox, the better actor you are. This book is the bible for using your dreams as another insightful and dynamic tool to enrich your character exploration. I have tried this technique and the results have been amazing and mind boggling. I was able to use my dreams to help me figure out scenes that I have been stuck in. I highly recommend this book to actors and directors and anyone who is interested in dreams.
1 of 4 people found the following review helpful. Think twice before buying this book
By Disappointed
The author is more concerned about telling her own tale than creating a foundation of mentor-pupil (or author-reader) understanding. The book contains many small digressions, which makes it hard to follow. As a non-native speaker, the language and the structure of the text is difficult to read. Some passages clearly relates to cultural contexts which are not explained. I would not recommend "Dreamwork for Actors" unless you know what you're up against. Where Stanislavsky, of whom the book refers to, brilliantly captures and guides the reader, the author of this book writes boringly. I also find it strange that there are only two other reviews of this book, both of which are clearly placed there by someone with coinciding interests with that of the publisher.

Drawing upon her wide experience as actor and director, Janet Sonenberg shows what dreamwork can do. No other acting technique offers the performer's own dreams as a means to profoundly deepen imaginative and artistic expression. This is a wholly new tool with which actors can unleash startling performances.

Sonenberg's thesis and the elements of the technique are clearly identified and honed in each of her students' journeys and, in a separate chapter, with actor Alan Arkin and son Anthony.
Elizabeth Stifter, Library Journal
Mining your dreams, the mother lode of inspiration, is here made practical and useful and oddly safe with such an honest and courageous guide to lead the way. Like all good teachers she doesn't ask you to do anything she hasn't done herself.
Kathleen Chalfant, actor
Sonenberg's new acting techniques guide actors in the use of dreams to enrich performance. Her techniques give access to that part of the imagination which emanates from our unconscious....
Jean-Claude Van Itallie, January 2004
Reading Dreamwork for Actors by Janet Sonenberg was a little like having a really good dream. It needed a little time to draw me in, but once I did, I was fascinated and didn't want it to end. Also like a dream, I was never sure whether to believe what I was reading or not, but so convincing was the journey and the description along the way that the book made me want it to be real. Unlike a dream,, however, when I closed the book on the last page, I was convinced that what Sonenberg reported was no fiction created by the imagination, and I can't wait to try out her discoveries--if not with my college students, then certainly with my colleagues in the profession.
Dramatics Magazine, March 2004
About the Author
Janet Sonenberg is Professor of Theatre at MIT. A stage director who has also worked in television and film, she is the author of The Actor Speaks: Twenty-Four Actors Talk about Process and Technique. In August 2003 she will be developing her dreamwork technique with the Royal Shakespeare Company. She lives in Cambridge, MA.