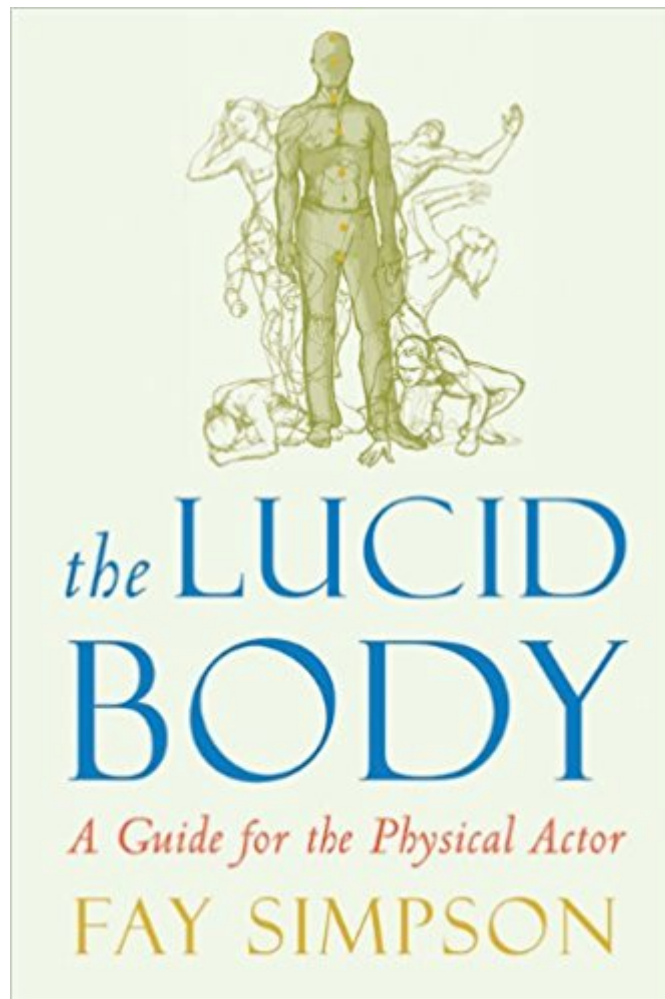


The book was found

# The Lucid Body: A Guide For The Physical Actor



## Synopsis

Actors! Engage your mind and your body in order to develop your characters fully. The Lucid Body technique breaks up stagnant movement patterns and expands your emotional and physical range. Through energy analysis, this program shows how to use physical training to create characters from all walks of life—however cruel, desolate, or neurotic those characters may be. Rooted in the exploration of the seven chakra energy centers, The Lucid Body reveals how each body holds the possibility of every human condition. Learn how to analyze the character, hear the inner body, dissect the self into layers of consciousness, and more.

## Book Information

Paperback: 224 pages

Publisher: Allworth Press; 1 edition (October 28, 2008)

Language: English

ISBN-10: 1581156510

ISBN-13: 978-1581156515

Product Dimensions: 6 x 6.1 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #171,626 in Books (See Top 100 in Books) #167 in [Books > Arts & Photography > Performing Arts > Theater > Acting & Auditioning](#) #806 in [Books > Textbooks > Humanities > Performing Arts](#) #15319 in [Books > Humor & Entertainment](#)

## Customer Reviews

Length: 2:09 Mins

A video of me reviewing the book:)

If you can't take her class, then this is one way to get her teachings. She is a serious miracle worker, and as one who has taken her classes, you can't go wrong listening to her. Seriously recommend this to anyone, not just someone interested in acting!

This book will give you a whole new way to look at yourself as an artist and a human being. It's a funny, heartwarming, enlightening read. It's practical enough that you won't get lost in the theory. But it presented new ideas that needed consideration and exploration in my life. You don't need to

know anything about the chakras - their practical use in acting, personal relationships and self development is clearly, simply explained making it all very down to earth. I highly recommend this book for anyone in the performing arts or those wanting a way to get more in touch with their inner life.

This is great introduction to chakra work for actors. Direct, playful, and insightful. It was incredibly valuable to me as a professional actor looking to physically explore a new role. Strongly recommend.

Being human is a challenge and this book is a map for addressing those challenges and even turning them into art. If you want to understand yourself better and express yourself more consciously - read this book and play with the exercises. You will be amazed at what they reveal and you'll enjoy embodying more of yourself.

This book is amazing! It has changed my life! I think it can apply even to non-actors! Anyone with a desire to learn more about themselves, and an interest in creativity will love this book. Fay Simpson's voice is strong, clear, and accessible. I flew through it, and felt like I had a deeper understanding of myself afterward. Plus, I keep referring back to it! A very remarkable book.

No matter what kind of actor you are or want to be. Whether film, tv, classical or experimental theater, this book gives you a valuable and practical approach to character understanding and development. And discover about yourself too in the process. Easy read, practical and entertaining. A truly valuable tool for the actor and for anyone with an interest on the work of one of the greatest acting teachers in New York.

AMAZING!!!! Highly recommend this to any actor, or person for that matter looking to have a relationship with their own body and expression.

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