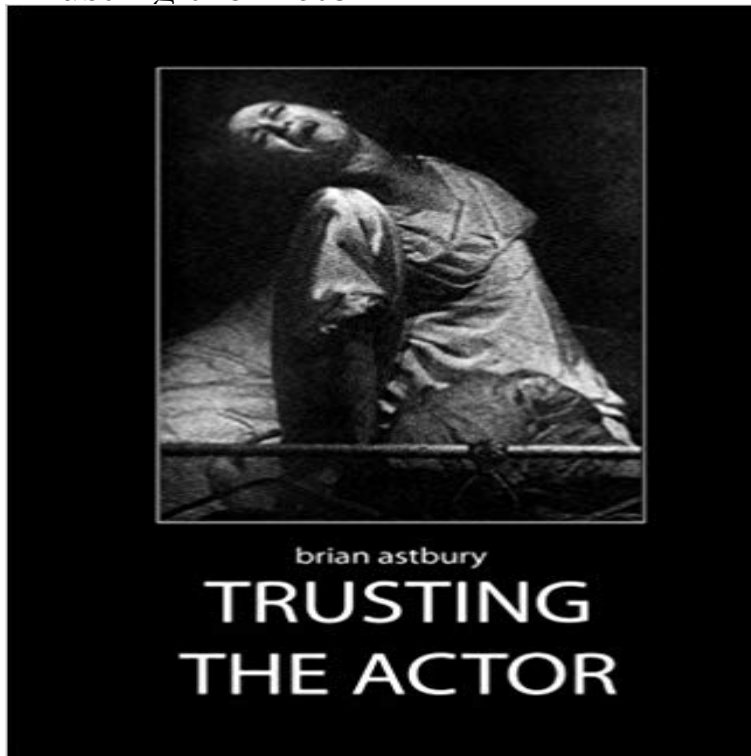


## Trusting the Actor



This revolutionary book is more than just a dry theoretical study of acting techniques. Against a background of Apartheid South Africa it tells the story both humorous and moving of how teacher/director Brian Astbury - founder of South Africa's legendary Space Theatre - and hundreds of actors and acting students both in production and at Britain's top drama schools developed a set of exercises over two decades to help actors overcome problems not addressed in other methods. These teach how to be in the moment; to gain access to the inexhaustible storehouse of the imagination; to access, integrate and properly use the emotions of the character; to overcome difficulties with learning lines; to recreate performance without conscious thought. An idiosyncratic, challenging and practical guide to the craft of acting, crammed with anecdotes and humorous insights Richard E. Grant Actor/director/writer (Withnail and I, The Player, Wah-Wah and many others) A truly inspirational teacher Julie Hesmondhalgh Actor (Hayley, Coronation Street) A unique figure in British theatre. Provocative, controversial, doggedly inspiring. He has been the pivotal teacher, enabler and mentor for me and countless others. Rufus Norris Director (Festen, Cabaret, Market Boy, Tintin, Vernon God Little, Blood Wedding) I cannot recommend it highly enough Stephen Moyer Actor (True Blood, NY-LON, Prince Valiant, the RSC) A conversational (almost chatty) love story, a tale of a theatre company's struggle against Apartheid, an irreverent look at life Alexander Siddig Actor/director (Deep Space Nine, Syriana, Un Homme Perdu, 24, Primeval, Hannibal) Brian Astbury was, without a doubt, the biggest influence on me. His teachings are still what I go to in trouble Jason Flemyng Actor (Lock, Stock and Two Smoking Barrels, Snatch, The League of Extraordinary Gentlemen,

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