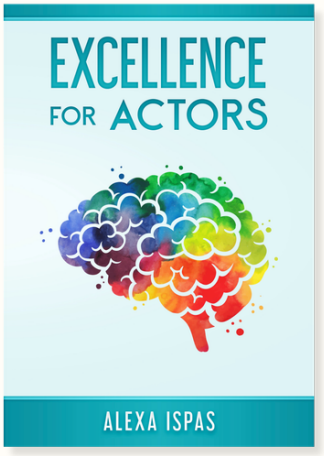
PSYCHOLOGY FOR ACTORS

Excellence for Actors

A practical guide translating psychological research on deliberate practice into effective tools for actors



BOOK DESCRIPTION

Excellence for Actors explores how actors can use deliberate practice to improve their skills more effectively. The book provides practical strategies for identifying areas for improvement, practicing with purpose, and making consistent progress over time.

KEY READER BENEFITS

- Target the areas that need improvement
- Focus on measurable progress
- Make every practice session count

PART OF THE PSYCHOLOGY FOR ACTORS SERIES

Excellence for Actors is one of six books translating psychological research into practical tools for actors and performers.

The series has sold more than 20,000 copies worldwide. The titles can be acquired individually or as a complete series.

INTENDED READERSHIP

• Professional actors • Drama students
• Emerging performers • Acting teachers
• Acting coaches • Directors
• Performance educators

ABOUT THE AUTHOR



Dr. Alexa Ispas is a performance psychology author and educator who specializes in translating psychological science into practical tools for actors and performers.

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