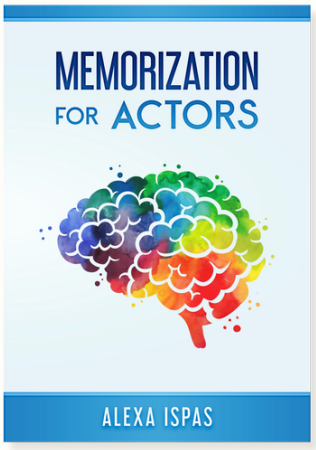
PSYCHOLOGY FOR ACTORS

Memorization for Actors

A practical guide to learning lines, grounded in psychological research on how memory works



INTENDED READERSHIP

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

READER REVIEWS

"It really gives you very clear tools to have an amazing memory. Now I am very confident. Totally worth it for actors struggling with memorization."

"This book debunks the myths associated with line learning and instead gives you practical advice and strategies to aid script memorization. A must read for any actor!"

"Needed something more than dry repetition and panic to carry me through. This book gave me the prep I needed to show up and perform."

PART OF THE PSYCHOLOGY FOR ACTORS SERIES

Memorization 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.

BOOK DESCRIPTION

Memorization for Actors explains how memory works and how actors can use psychological research to learn and retain lines more effectively. It focuses not only on getting the lines into memory, but also on being able to access them when needed, including under performance pressure.

KEY READER BENEFITS

- Learn lines faster and more effectively
- Remember lines reliably under pressure
- Deliver lines confidently when it matters

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.

She holds a PhD in Psychology from the University of Edinburgh and is a faculty member at the Maggie Flanigan Studio in New York.

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