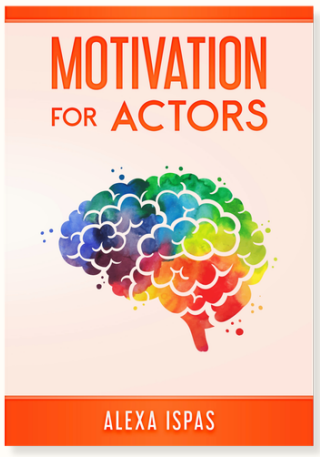
PSYCHOLOGY FOR ACTORS

Motivation for Actors

A practical guide to sustaining motivation while navigating the psychological demands of an acting career



BOOK DESCRIPTION

Motivation for Actors explores the psychological factors that influence whether actors take action, persist, and make progress toward their goals. The book provides practical strategies for overcoming procrastination, building productive habits, and maintaining momentum over time.

KEY READER BENEFITS

- Overcome procrastination
- Develop habits that sustain momentum
- Make steady progress toward long-term goals

PART OF THE PSYCHOLOGY FOR ACTORS SERIES

Motivation 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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