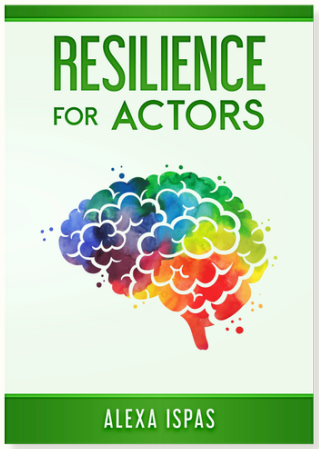
PSYCHOLOGY FOR ACTORS

Resilience for Actors

A practical guide to navigating rejection, setbacks, and emotional strain throughout an acting career



BOOK DESCRIPTION

Resilience for Actors explores the psychological processes that shape how actors respond to difficult experiences and recover from them. The book provides practical strategies for managing disappointment, navigating setbacks, and continuing to move forward.

KEY READER BENEFITS

- Recover more effectively from rejection
- Keep moving forward after disappointment
- Manage setbacks without losing momentum

PART OF THE PSYCHOLOGY FOR ACTORS SERIES

Resilience 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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