



PSYCHOLOGY FOR ACTORS

Resilience for Actors

A practical guide to understanding and developing performance-related confidence.

BOOK DESCRIPTION

Self-Confidence for Actors explores the psychological factors that influence confidence in performance and provides practical tools for working with them. The book helps actors regulate their nervous system, navigate nerves and self-doubt, and develop a more supportive inner dialogue.

KEY READER BENEFITS

- Build more stable confidence
- Handle nerves and self-doubt more effectively
- Perform with greater confidence under pressure

INTENDED READERSHIP

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

READER REVIEWS

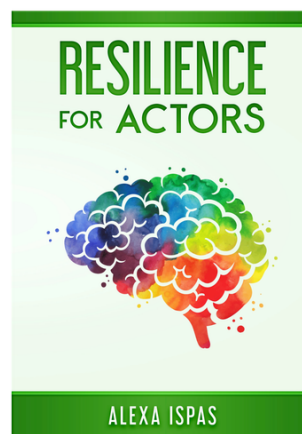
"Amazing book that tackles the roots of self-confidence in a scientific way that is easy to understand! I super recommend this to any actor struggling with self-confidence!"

"This book gives us permission to explore all the wonderful things that we contain within ourselves. And, in the process, builds self-confidence, not only as an actor but in all areas of life."

PART OF THE PSYCHOLOGY FOR ACTORS SERIES

Self-Confidence 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.



ABOUT THE AUTHOR



Dr. Alexa Ispas is a performance psychology expert, 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 of the Maggie Flanigan Studio in New York.

PUBLICATION & TRADE INFORMATION

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