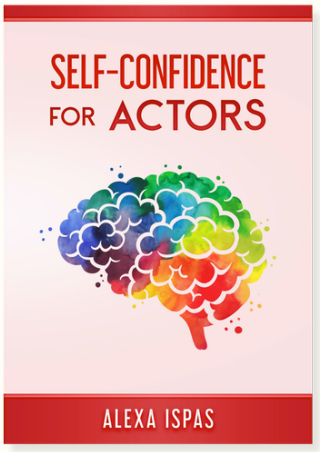
PSYCHOLOGY FOR ACTORS

Self-Confidence for Actors

A practical guide to understanding and developing performance-related confidence



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."

"I am currently in the process of starting this book all over again from scratch. I just finished and the release I feel as actor can only mean that within this book I have found my process. Completely fulfilling."

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.

BOOK DESCRIPTION

Self-Confidence for Actors explores the psychological factors that influence confidence in performance and offers practical strategies for building greater self-trust. The book helps actors manage nerves and self-doubt, develop a more supportive inner dialogue, and build confidence that holds up under pressure.

KEY READER BENEFITS

- Disarm the inner critic
- Handle nerves and self-doubt more effectively
- Perform with greater confidence under pressure

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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