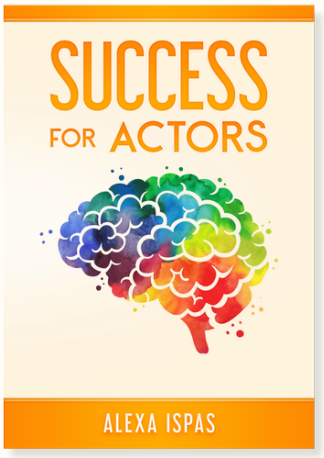
PSYCHOLOGY FOR ACTORS

Success for Actors

A practical guide to understanding and overcoming the psychological patterns that can undermine success



BOOK DESCRIPTION

Success for Actors explores the psychological patterns that can influence how actors respond to achievement, opportunity, and professional progress. The book provides practical strategies for recognizing self-sabotage, managing the challenges that can accompany success, and making the most of professional opportunities.

KEY READER BENEFITS

- Recognize patterns that hold actors back
- Navigate success and its challenges
- Make the most of new opportunities

PART OF THE PSYCHOLOGY FOR ACTORS SERIES

Success 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.

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

PUBLICATION & TRADE INFORMATION

Author	Alexa Ispas
ISBN-13	978-1-913926-29-8
Publication Date	May 11, 2023
Format	5 × 8 in Trade Paperback
Page Count	112 pages
Retail Price	US $19.99 · UK £15.99 CAD $25.99 · AUD $27.99
BISAC Subjects	PERFORMING ARTS/General DRAMA/General
Publisher	Word Bothy

RIGHTS & TRADE INQUIRIES

mail@wordbothy.com
www.wordbothy.com