



## The Technique of Acting

By Stella Adler

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### The Technique of Acting By Stella Adler

Here is Stella Adler's comprehensive and practical guide to the technique that has made her one of the world's most acclaimed teachers of acting. The Technique of Acting is a working text for today's actors: a dynamic exploration of the techniques that have profoundly influenced such outstanding actors as Marion Brando, Robert De Niro, and Warren Beatty: Complete with exercises and examples taken directly from Stella Adler's celebrated classes, this book takes the actor through a full course of instruction designed to develop superb mastery of body, speech, mind, and emotion. It offers an approach that will provide the actor with incomparable confidence, style, and authenticity. Here also are Stella Adler's reminiscences of the great Stanislavski, upon whose "Method" approach she bases her own teachings, as well as stunning photographs and a review of her extraordinary career, which uniquely mirrors the growth of the American theatre in this century. Long-awaited, destined to be a classic, The Technique of Acting provides invaluable insights into the craft of acting-and into the extraordinary woman whose innovative philosophies and passionate love for her profession have made her a legend in the theatre and the premier teacher of her generation.

### Praise for Stella Adler

"Stella Adler not only teaches acting, she teaches an artist's approach to the craft, a cultural attitude to theatre and, by extension, a broad horizoned attitude and approach to every craft and all art.... It is both a delight and a treasure, finally, to have a book based on her classes!" -Peter Bogdanovich

"Budding thespians who do not have the opportunity to attend one of Ms. Adler's schools ... can... avail themselves of her genius on paper. Highly recommended."  
-The Coast Book Review Service

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### Editorial Review

From Library Journal

Adler, among the most acclaimed actresses and teachers of acting, has written a dynamic book that is sure to become a classic. After the forward by former pupil Marlon Brando, Adler explains her technique, which is based on the methods of Stanislavskishe was a student of the famous Russian. The 12 chapters cover goals, body and speech control, imagination, action, and character; the book also includes a very useful listing of scenes from well-known plays. Adler made her stage debut in 1906 at the age of four and has been training actors at her Stella Adler Conservatory in New York since 1949. One of the best-written books on the subject; sure to become a standard text for acting classes. Howard E. Miller, Blue Cross/Blue Shield of Missouri Lib., St. Louis  
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**John Newton:**

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