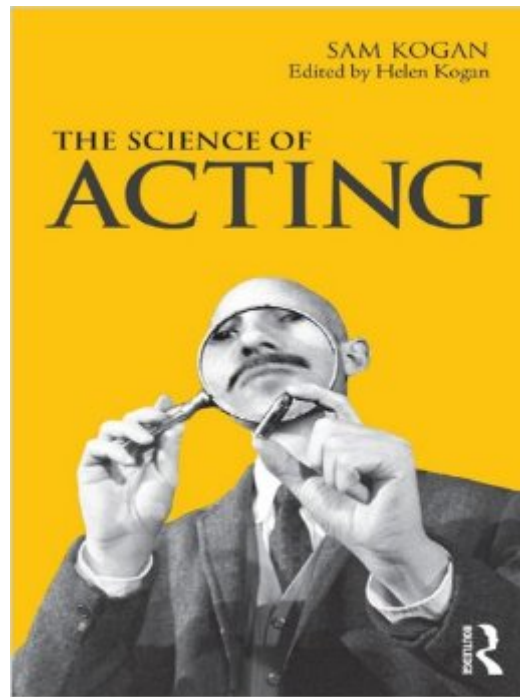


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# The Science Of Acting



## Synopsis

What is good acting? How does one create believable characters? How can an actor understand a character if they do not understand themselves? In *The Science of Acting*, Sam Kogan uses his theories on the relationship between neuroscience, psychology and acting to answer these questions. Practical exercises provide a step-by-step guide to developing an actor's ability, culminating in *Ten Steps to Creating a Character*. He presents the reader with a groundbreaking understanding of the subconscious and how it can be applied to their acting. The author's highly original perspective on Stanislavski's teaching gives readers a unique insight into their character's minds. Sam Kogan studied at the Moscow Institute of Theatre Arts (now the Russian Academy of Theatre Arts) under the tutelage of Professor Maria Knebel. He established *The Science of Acting*, a complete stand-alone technique. Helen Kogan is the chair and former principal of *The Academy of Science of Acting and Directing*, has helped to shape her father's words and work for the publication of this book.

## Book Information

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## Customer Reviews

"The Science" is perhaps the most influential book I have ever read. I read it twice, from cover to cover, before coming up for air. That "The Science" is a must-read for any actor is plain to see from as early as the book's Introduction. But I am not an actor. Nor am I a scientist. I am someone who has read the book through sheer curiosity and I can tell you now that it has taught me more about myself than living in my own sceptical skin for 30 years has done. The book has opened up my consciousness and has inspired me to ask questions of myself: Why do I do what I do and think what I think? Am I in control of my own thoughts and actions? Can I change my thoughts to make me a happier, more fulfilled individual? Can I apply positive thoughts and energy to all I do? The answers? Well they are limitless. "The Science" has made me realise that I can achieve anything I want to achieve and be anything I want to be by spending a little quality time with my thoughts. I could even become an actor! Lights, camera, action! Five Stars.

The Science of Acting isn't just for actors it really is an in-depth study into the human condition and will help anyone to understand better the complicated way that we respond to life, conditions and our inner most selves.

I need to admit that I am not an actor or a student of theatre arts. I did encourage and support my daughter when she participated in high school and junior college plays and musicals. I started reading this book with the perception that I would learn acting techniques but I soon discovered that this book is also about how we think and act in everyday life. This book examines how our mind works and how we can use helpful thoughts to our advantage and eliminate thoughts that are holding us back. It explains how we get in a ditch of rigid negative thinking. This thinking occurs on the subconscious level so we don't understand why we are reacting the way we do. Mr. Kogan uses theories on the relationship between neuroscience, psychology and acting to develop a technique for good acting and successful living. The book is amazingly direct and easy to understand. It is illustrated with simple drawings that help explain key concepts. I also like the way key words are emphasized and defined. There is an excellent glossary at the end of the book that provides a useful summary of all the key concepts in the book. I highly recommend this book to all students and teachers of drama and theatre arts. I also recommend this book to anyone who desires a better understanding of the thought process. This is a life-changing piece of work!

Very often our thinking creates our problems. So, the question is, why do we think the way we do and how can we change it? That's what this book by Sam Kogan teaches us. In a well-written, intriguing style, we learn how to be the person we want to be through the skills of an actor. Kogan helps the reader look at the thoughts that have been with them for years --- thoughts that are no longer useful and may be creating problems. People very often think themselves poor or sick or uninteresting. The key is to find out what those toxic thoughts are and change them, thus bringing about a totally different manifestation, one that's wanted and desirable. Through some of the methods of the professional actor, one can learn to do this. And that's the basis of this book. -

Susanna K. Hutcheson

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