



**The Real Life Actor: A comprehensive discussion about the best approach to acting, working professionally, flying a plane, and being a champion.**

*Jeff Seymour*

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There is a sense that permeates most acting classes which promotes the idea that acting is hard and you need to do a bunch of traditional steps if you're ever going to get anywhere. The flame of this concept is kept lit for two reasons. One is tradition. Successful actors and teachers in our theatrical history supposedly believed in or espoused such ideas and two; it is easier for teachers and actors to follow a path that is well worn. Actors feel intimidated to challenge the ideas and teachings of past masters. But isn't that exactly how every field of endeavor evolves? Think of where we'd be in science or medicine or sports if no one questioned past methods or tried to discover new ones. This book will show you an approach that is direct and to the point, an approach that will be far easier to remember and utilize. We'll use real life. We call it acting only because people are watching. "If you're an actor, this book will restore your sanity." Steven Pressfield, Author: *The War of Art, Turning Pro, The Legend of Bagger Vance*

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