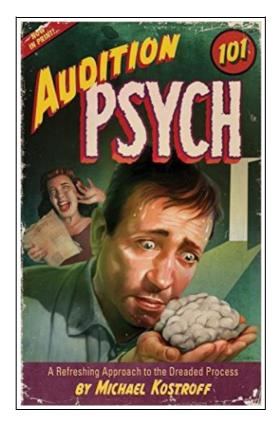
Audition Psych 101 (Paperback)



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Reviews

This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Salvador Lynch)

AUDITION PSYCH 101 (PAPERBACK)



Dog Ear Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Based on the popular workshop, Audition Psych 101 takes a detailed, unvarnished look at the mental gremlins that can make auditioning stressful. With frankness, humor, and a pro-actor sensibility, working actor Michael Kostroff explodes commonly accepted mythologies and offers a more logical, more effective approach to the whole process. It has completely changed the way I view auditions. -- Chad Manuel, Chicago Want to learn why we constantly get in our own way before we even set foot in the room? Michael has made a detailed, brilliant study of the most common traps, and how to avoid them. -- Peter Van Norden, Los Angeles Michael s expertise, sense of humor, and just old-fashioned good sense does the impossible: It actually makes the actor comfortable with the audition process. -- J. R. Orlando, San Jose I m a psychotherapist who specializes in working with creative artists. Among many other issues, we always talk about their audition anxiety. In Audition Psych 101, Michael Kostroff has validated everything I believe about the audition process. Let him save you a lot of disappointment and frustration.-- Lee D. Kassan, psychotherapist/psychoanalyst It brought the joy and fun back into the audition process, which ultimately has allowed for more callbacks and many more bookings.-- Mick Guire, New York City I can t wait for my next audition. (Holy mackerel, did I just write that?) -- Deborah Linehan, New York City Michael Kostroff is best known for his five seasons on HBO s The Wire and his impressive list of TV roles. His varied stage work has included touring nationally with The Producers and Les MisErables, an experience chronicled in his first book, Letters from Backstage. He currently lives in...



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