



# The Science Of Acting

*Sam Kogan*

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## **The Science Of Acting** Sam Kogan

What is good acting? How does one create believable characters? In "The Science of Acting", Sam Kogan applies his theories and teaching to answering these questions. It represents a comprehensive and complete technique applying neuroscience and psychology to the role of acting. At its heart lies a unique and groundbreaking understanding of the subconscious, as well as an unparalleled insight into, and expansion of, Stanislavskis original Russian teaching. The book includes chapters on Awareness, Purposes, Events, Actions, Imagination, Free Body, Tempo-Rhythm, and Laws of Thinking, culminating in the Ten Steps to Creating a Character. In addition to providing practical exercises to develop skill and definitions to clarify difficult terminology, it is a simple and original step-by-step guide to creating a character and to developing an actors ability. In examining life and its recreation on stage, "The Science of Acting" is a study of human behavior and its application to acting which no actor or student of acting should be without.

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