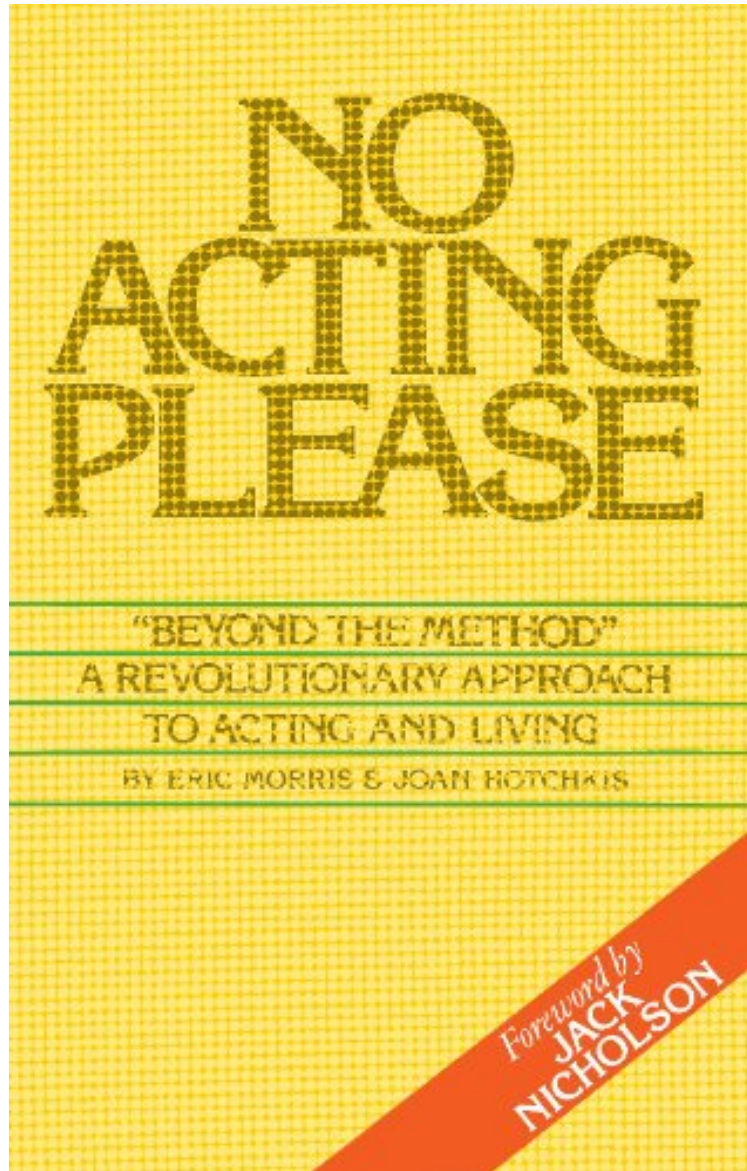


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## No Acting Please

*Eric Morris, Joan Hotchkis*

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**Eric Morris, Joan Hotchkis : No Acting Please** before purchasing it in order to gage whether or not it would be worth my time, and all praised No Acting Please:

3 of 3 people found the following review helpful. Extremely pragmatic but nonetheless insightful!By Jimmy LinThis book is quite refreshing when compared to most acting books. Usually you get books that talk very theoretically: "Be the character, when given the script, look for the shifts in tone, mark the changes in emotions, become one". It works for some but not all. The issue with these types of acting books is that they force the actor to remain in their head.

We've all done it. Every actor who is serious about their craft has been down this road, many remain on this road. You know the one I'm talking about. The "Do your homework but forget about it when you go up on stage" type of training. The "I need you to be spontaneous but still remain within the structure of the script and play". The "Bring yourself to the character...but more like the character!". It's nauseating. You're told to memorize and remember each beat but then are criticized for being too mechanical and "not in the moment". See how these two thoughts don't really mesh well? You're telling me to do mental math but then chastise me for thinking too hard. Enter this book! The Method! In a nutshell, this book teaches you to use your life as a means to be believable on stage or on camera. While this book doesn't discuss on camera acting, the principles are no less effective. From exercises that free you of tension to exercises that remove you from your ego, this book is incredibly practical. There are no theories in this book. No "if you want to see this in action, come to my class!" type of lessons. It's "Do exercise A to reduce or relieve stress. Then use exercise B to ground yourself. Then use exercise C to assimilate your emotions into that of your character". It's very effective and it's nowhere near as challenging as many professional method actors make it seem. You don't need to go homeless to act dejected and hopeless. I enjoyed this book and will use these exercises in my scenes to come!

0 of 0 people found the following review helpful. **THIS BOOK MAY JUST CHANGE YOUR LIFE...(seriously).** By Jonny Brilliant, introductory volume of Eric Morris' legendary insights on acting. A fundamentally sound and effective technique to creating truthful, grounded, affective, still and full performances. He is truly one of the greats and still practices what he preaches to this day. If you are seriously committed to looking for a bonafide, practical and practicable 'method' to study, read this book first and if this approach speaks to your soul, go study with Eric while he still teaches in Los Angeles, or with his protege in NYC, Anthony Vincent Bova (one of the best instructors on the East Coast). You will not be disappointed. In fact, you will likely come away a changed person....and in the process, an artist to be reckoned with. Break a leg!

0 of 0 people found the following review helpful. excellent By CSR excellent

Co-authored by Joan Hotchkis, this is Eric Morris's first book. The emphasis here is on first establishing a being state, eliminating the obstacles--such as tension, the actor's archenemy--and elevating the actor's awareness. As the title indicates, many of the techniques herein address the actor's need to avoid falling into the traps of concept and presentational acting. There is a complete chapter on sense memory--what it is, and how to practice it and apply it as an acting tool. There are over one hundred exercises, techniques and approaches for the actor to use in order to unblock his instrument, with various sections from Joan's personal journals.

"When I read No Acting Please, it put it all together for me." -- Johnny Depp  
"If you want to be still and full, Eric teaches the stuff." -- Jack Nicholson  
About the Author: Eric Morris, one of the most sought-after acting coaches in the country, has been teaching acting for 50 years. Also an actor, he has played more than a hundred roles on stage, on television and in films. His theater and home are in Los Angeles.