

CONTENTS

List of Illustrations xi
Preface by Anna Strasberg xv
Note from Adam Strasberg xvii
Note from David Lee Strasberg xviii
Foreword by Martin Sheen xix
Acknowledgements xxi
Introduction by Lola Cohen xxv

Part 1	Training and exercises	1
	Lee Strasberg on training	1
	Lee Strasberg on relaxation and concentration	5
	Lee Strasberg on habits and conditioning	6
	Relaxation exercise	7
	<i>Relaxing in the chair</i>	7
	<i>Releasing tension</i>	8
	<i>Use of sound</i>	11
	<i>Abstract or additional movement</i>	12
	Sense memory exercises	13
	Lee Strasberg on sense memory	14
	Sequence of sense memory exercises	16
	<i>Breakfast drink</i>	17
	<i>Mirror/make-up or shaving</i>	17
	<i>Three pieces of material</i>	18
	<i>Putting on and taking off shoes and socks or stockings</i>	19
	<i>Sunshine</i>	19
	<i>Sharp pain</i>	20
	<i>Sharp taste and sharp smell</i>	20
	<i>Overall sensations</i>	21
	<i>Personal objects</i>	22

<i>Combinations of exercises</i>	23
<i>Private moment exercise</i>	24
Emotional memory exercise	26
Lee Strasberg on emotional memory	26
<i>Choosing the experience or event</i>	29
<i>Performing the exercise</i>	31
<i>The distinction between sense memory and emotional memory</i>	33
Animal exercise	34
Song and dance exercise	36
<i>Song</i>	37
<i>Dance</i>	39
Movement with sound exercise	39
Voice exercises	39
<i>Voice exercise 1</i>	41
<i>Voice exercise 2</i>	41
<i>Voice exercise 3</i>	41
Part 2 Characters and scenes	43
Creating the character	43
Given circumstances	45
Creating imaginary realities with sense and emotional memory	45
Words and lines	47
Anticipation	51
Speaking out	51
Improvisation	52
The problem of repetition	55
Working with the director	56
Part 3 Scene critiques	59
Part 4 Directing and the Method	81
Introduction	81
Achieving your vision	83
Working with the actor	86
Casting	91
The set	96
Lighting	103
Music	104
The process of rehearsal	107
<i>Week 1: Reading rehearsals</i>	109

- Week 2: Blocking and memorizing lines* 111
Week 3: Line rehearsals and run throughs 112
Week 4: Dress rehearsal 112

- Opening nights 113
 Group/mass scenes 113
 Directors' work with amateur actors 114
 Directors' work with playwrights 116
 Directing in the cinema 118
 Lee Strasberg on great directors 118
 Eugene Vakhtangov 118
 Vsevolod Meyerhold 121
 David Belasco 122
 Lee Strasberg on film directors 123
 Avant-garde directors 125
 Directing dance 127
 Books on directing 128

Part 5 Lee Strasberg on Shakespeare and Stanislavski 137
 Shakespeare 137
 Stanislavski 144

Part 6 Lee Strasberg on the theater, acting, and actors 157
 The origin of the Method 157
 Historical controversy over Method acting 158
 The origin of the Method in American theater 159
 Edmund Kean 160
 William Macready 160
 Edwin Booth 160
 Henry Irving 161
 The Italians: Tommaso Salvini and Giovanni Grasso 161
 Eleanora Duse and Sarah Bernhardt 163
 Anton Chekhov 165
 Michael Chekhov 166
 Emil Jannings 167
 John Barrymore 167
 Louise Brooks 168
 Paul Muni 168
 Bertolt Brecht 169
 Kim Stanley 170
 Patricia Neal 170
 Recognition of talent in the theater 171
 Poetry 173

CONTENTS

Acting: cinema vs stage 174

Courage in the theater 175

*Lee Strasberg Theater and Film Institute recommended
reading on theater 185*

Index 191