



Being & Doing

Eric Morris

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Being & Doing is a unique book in that an actor can open it to any page and practice the exercises suggested on that page. As a workbook it can be used daily to explore the various techniques that every actor should become familiar with and ultimately apply to his work. The book is divided into three sections: the Instrument, which explores exercises and techniques designed to eliminate blocks and obstacles, thus freeing the actor; the Craft, which is a practical approach to fulfilling material; and the Business, which informs the actor about his role in the working arena. The book also contains many blank pages for the actor to make notes on.

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