

FREEING THE ACTOR

An Actor's Desk Reference
Over 140 Exercises and Techniques
to Free the Actor

Eric Morris



Eric Morris, one of the most sought after acting coaches in the country, has been teaching acting for fifty years. Also an actor, he has played more than one hundred roles on stage, on television, and in films. He believes that in order to teach acting one must first have been trained and have worked as an actor. His six previous books are published in the U.S. and other countries around the world. His theater and home are in Los Angeles.

Freeing the Actor is the seventh in a series of acting books by Eric Morris, which explain and describe his unique system of acting. His previous books, *No Acting Please*, *Being & Doing*, *Irreverent Acting*, *Acting from the Ultimate Consciousness*, and *The Diary of a Professional Experienter*, are among the most popular texts used by students and professional actors alike.

In this book, which is totally aimed at the instrument, Eric has implemented a complete approach to eliminating the obstacles, dependencies, traps and habits that plague and block actors from functioning from an authentic, organic place.

Historically, most acting coaches and teachers have failed to adequately address the instrumental problems that cripple actors. By teaching them how not to act, Eric has influenced scores of people to become experiential actors. His teaching has led them to understand that they must experience in reality what the character is experiencing in the material. In order to accomplish that, they must be instrumentally free to connect with and express their authentic emotional realities. Liberating the instrument allows them to access all the colors of their emotional rainbow.

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