



# Stanislavski: An Introduction (Performance Books)

*Jean Benedetti*

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**Stanislavski: An Introduction (Performance Books)** Jean Benedetti

*'A small jewel of a book, a knowledgeable introduction to both Stanislavski's personal development and to the content and range of his writings'* Theatre Journal

*'...shows the System to be a practical process - drama school students and actors will be grateful for it'* Times Educational Supplement

*'A carefully documented study of peak interest and value to every serious student of acting theory'* Choice

The Stanislavski 'system' is still the only comprehensive method of actor training we possess. His theories can be hard to grasp and many academic books are impenetrable on the subject. This is a concise book for students that presents a readable introduction to the life and work of Stanislavski. It shows the slow growth of the 'system', from its roots in the tradition of Russian realism, to the various phases it went through until the final emergence of the Method of Physical Action in the years before his death. It also provides a short account of the writing, publication and translation of Stanislavski's books on acting.

In this edition, Jean Benedetti makes several important updates in the light of new material and new translations becoming available.

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