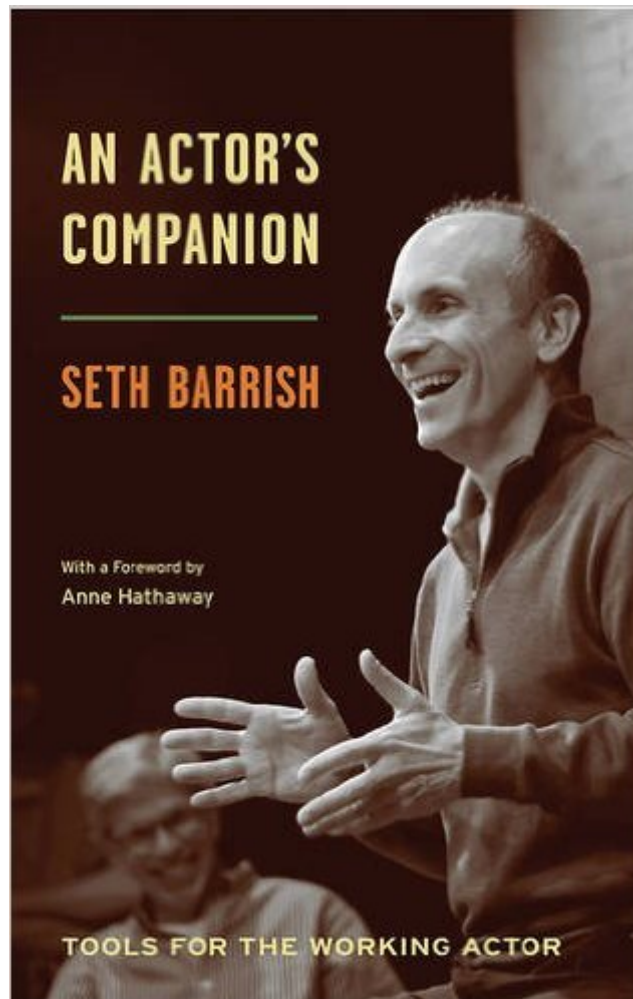


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# An Actor's Companion: Tools For The Working Actor



## Synopsis

There is a muscularity, not to mention wisdom and truth, to Seth's techniques. He is a wonderful teacher, and I know that having him as my first guide is one of the luckiest things to have happened to me in my career and life.

• Anne Hathaway, from her Foreword

Seth Barrish has coached me on almost every TV project, film or audition I've done since we met ten years ago. When it comes to wisdom about acting, there's no one I hold in higher regard.

• Mike Birbiglia, comedian, director, actor

Seth's approach and understanding is awesome. He makes it very easy to act by telling you not to act and be natural. It could be as simple as having something in your hand, creating business while you deliver a line to make it seem natural and comfortable. His book is amazing; it's basically the actor's blueprint.

• Jay Pharoah, actor, comedian

In Seth's class I often watch him transform a student's good, yet average performance into a precise and exhilarating one, with just one simple adjustment. I am constantly blown away by how he does this. This book explains it.

• Sarita Choudhury, actor

This book is truly unlike anything else I know; these pieces are haikus on specific elements of performance and character building.

• Philip Humberg, Sundance Theatre Institute

An Actor's Companion is ideal for both seasoned professionals and beginning actors. The tips and exercises are simple and direct, and easy to apply in both rehearsal and performance.

Seth Barrish is an actor, director and co-founder of The Barrow Group, a theater company and acting school, in New York City. During his near forty-year career he has directed the award-winning *My Girlfriend's Boyfriend*, *Sleepwalk with Me*, *The Tricky Part*, *Pentecost*, *All the Rage* and *Old Wicked Songs*.

## Book Information

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## Customer Reviews

Seth Barrish puts into words exactly how to become a better actor. There's no mind-game weirdness; only real, down-to-earth things that can be done by anyone wanting to expand their craft. I highly recommend this book for everyone involved in the arts. It speaks across many genres.

An Actor's companion is the book for all aspiring actors and all veterans out there who need a way of working. It takes all the mystery and pain out of acting. No Method, Meisner, Stanislavski, Adler or Morris need apply! It breaks down what acting really is on a simple and doable level. Acting is about relaxation, so you have access to your talent. These simple yet effective exercises free whatever talent may lie within you. Simply, it helps you get out of your way. An incredible find.

Don't waste time thinking, just BUY THIS NOW! Trust in Seth Barrish and his teachings! This book will change the way you see: in your career, in your performing, and in your life. Buy this book and if you don't already know about The Barrow Group Theatre Company, SIGN UP NOW, this very moment to study with Seth Barrish and Lee Brock. Brilliance. Compassion. Intelligence. Wisdom. Fire. Growth. Happiness. Joy. DO IT!

Seth Barrish is being too modest in his title. The insights in this book, presented as seemingly innocuous little snippets of advice, add up to a powerful portrait of theatre itself, and would certainly be useful to anyone who is interested in the performing arts. Yes, it provides excellent guidance or reminders for actors; but writers, directors, producers, and even critics could benefit greatly from the straightforward advice as well.

Seth is probably the best acting teacher in New York at the moment. And he's not just a teacher, he puts up or shuts up. The man has honed and directed four incredible one person plays that I've witnessed, two with Martin Moran and two with Mike Birbiglia, directed productions at THE BARROW GROUP, always to naturalistic perfection and acted in several of them (He's a bitchin' actor). This book is the most beautiful and simple crutch and actor will ever receive.

There are so many stressors--external and internal--that can really bog down an actor's

performance. What Seth provides, in this succinct and insightful companion, is a way to let go of all the clutter of what you THINK an actor is supposed to be and just put your trust in DOING. The best things I've learned from this book are how to embrace spontaneity, make my OWN adjustments as an artist, and PLAY! As I go into production making my first film I plan to have this book by my side--as both a director and an actor. Get it!

Awesome guide for every actor to have! Seth's masterful ways into "The craft" are useful, practical and can assist every actor, no matter how experienced they are. He finds a way of writing that really allows the actor to fully understand each point he is making. Definitely a back pocket book to hold onto. With his writing I was able to translate things I had only ever thought about.. Things dealing with character, character type, physical awareness and so much more. - Not to mention the Barrow Group has an amazing group of actors. If this is just a smidgen of what they're discussing then it's worth it!

Concise, straight forward. Some great tools here for anyone who is really interested in acting. The stuff in this book works - can't stress that enough. There is not a lot of plowing through someone's philosophy on the craft/art of acting just a lot of common sense exercises that help you get where you want to be. I loved this book.

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