



# Physical Expression on Stage and Screen: Using the Alexander Technique to Create Unforgettable Performances

*Bill Connington*

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## **Physical Expression on Stage and Screen: Using the Alexander Technique to Create Unforgettable Performances** Bill Connington

A tight throat; held breath; stiff muscles; stage fright: impediments to performance come in many guises, but they all spring from the same source-tension.

In *Physical Expression on Stage and Screen* Bill Connington, a renowned teacher of the Alexander Technique, shows you how to recognize and release the tension that keeps you from performing at your best. If you're ever not certain of what to do with your hands or how to make a meaningful gesture, or if your movement feels fine in daily life but then you suddenly become self-conscious when onstage or in front of a camera, this book is here to help.

More than one hundred clear, accessible exercises-including many filmed tutorials available online-will enable you to

- Move more naturally and easily
- Breathe more freely
- Speak more clearly
- Free your creative impulses
- Play a character with an unfamiliar physicality



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