



# Stanislavski For Beginners

*David Allen*

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## **Stanislavski For Beginners** David Allen

Stanislavski was the first person to develop a cogent and practical system of acting. Throughout his life he sought the answers to such fundamental questions as: "What is great acting?" and "How can you find inspiration in every performance?" Stanislavski remains the most important influence on actor training today, and yet many of his ideas are little known, or even misunderstood.

*Stanislavski For Beginners* charts the development of the Stanislavski system. It includes a clear exposition of the key elements of the system and explores his Method of Physical Actions, which he worked on in the years before his death, and which he called "the result of my whole life's work."

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