



No Acting Please: A Revolutionary Approach to Acting and Living

Eric Morris , Jack Nicholson

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A collection of 125 acting exercises that are based on journal excerpts and dialogues from Mr. Morris' classes.

Foreword by Jack Nicholson.

No Acting Please: A Revolutionary Approach to Acting and Living Details

Date : Published April 1st 1995 by Ermor Enterprises (first published March 1st 1979)

ISBN : 9780962970931

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Format : Paperback 176 pages

Genre : Nonfiction, Plays, Theatre

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Carolyn says

I studied with Eric Morris in the 1970s and his methods and theory of performance were helpful and liberating. Highly recommended.

James says

Many of the tips are great to use even for non actors! Great way to get to know your inner self.

Brandon says

Now to practice what I have learned and accept my Oscar.

Enzo Silva says

I don't see what the fuss is all about. an acting coach that lives up to tge expectations that some people in the business think they have to be jerks to be successful. Insulting a professional to elicit an emotion is not my cup of tea.

sensualizing with objects? OK. Just show up on set, know your stuff, interact as himan beings would (or whatever it is you're playing) WITH the other actors... why torture yourself psychologically to get to an end result?

Yasemin says

Awakening. Useful exercises.

KNS says

I find the book outdated and poorly written. It is not well organized, and gives the impression of beeing written over a very short amount of time. As far as acting books go, this is not by far any of the best out there. If you want a book on acting, in stead of this one check out the works of Stella Adler, Sandford Meisner or Ivana Chubbuck. They are more understandable, and just better.

Kayla says

Jillian Michaels recommended this book to everyone on a podcast. I loathed this book. It was boring and silly.

Christopher Hedges says

This is a must read for all actors. It came VERY highly recommended from a seasoned casting director and acting coach whose class I used to attend. Kathy exclusively teaches her version of the Eric Morris process, and all of his books are required reading.

I don't consider this a book. I consider it a tool that is part of a toolbox for any truly serious actors. It is filled with great exercises to help you hone your craft.

I would not recommend this book to an acting hobbyist.

Kaila Tacazon says

I'm going to need to read this again once I've done more acting training; there are some things I don't quite understand yet. The concept of BEING and incorporating humanistic unpredictability into the craft is super exciting to me, and this book has so many tools to help reach that level of acting.

Craig Shields says

Great techniques for getting over emotional obstacles, personal insecurities, and general distractions from being an affectable actor onstage. Particularly appreciated the Being exercises in Chapter One and the Tension exercises in Chapter Two.

Jackie Shea says

really good exercises for scene partners and for getting in touch with yourself before a performance. I would love to take a class with Eric mOrris!

Jason says

This is a must read for all actors. It focuses on an actors ability to be in tune with himself and with the sensory world around him. So many acting books/techniques focus on **how** an actor should interact with the world, without paying much attention to **why** an actor reacts the way he does. The Eric Morris system examines the value of "know thyself." Like most other books on acting, this is best read/experienced in

conjunction with good classwork, either with Eric Morris in Los Angeles or Anthony Vincent Bova in New York.

Despite its necessity for actors, I rate it 3 stars because it's not a particularly enjoyable reading experience.

Floyd says

Full of exercises and examples of how to reach that natural state that every actor wants to get to. Some of which have become staple exercise in my daily practice.

Maddy Hayes says

I feel like I would need this taught to me instead of reading it.

Mahshid says

Jason recommended this and it is interesting, I can't seem to hold interest long enough to read it straight threw just random and not for much longer.
