



# Theater Games for the Lone Actor

*Viola Spolin*

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## **Theater Games for the Lone Actor** Viola Spolin

This handbook presents theatre games and side coaching for the solo player. It contains over 40 exercises which allow actors to side coach themselves, at home, in rehearsal, or in performance. The author asks the actor to develop the ability to enter present time, a moment of full consciousness and awareness with all the responses awake and alert, ready to guide you.... allowing you, the real you, your natural self to emerge.

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