



# An Actor's Companion: Tools for the Working Actor

*Seth Barrish*

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"I was totally unprepared for the transformation that Seth's technique created in me. . . . I realized that what I thought I knew about acting up to that point was largely misguided . . . but I now had a great, talented, dedicated teacher who generously wanted to share his tools with everyone. There is 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. And when I can't get back to class with him, I am so grateful I have this book to turn to."—Anne Hathaway

"This book is truly unlike anything else I know—these pieces are haikus on specific elements of performance and character building."—Philip Himberg, executive director, Sundance Theatre Institute

A collection of practical acting tips, tools, and exercises, *An Actor's Companion* is ideal for both the seasoned professionals and actors-in-training. The tips—all simple, direct, and useful—are easy to understand and even easier to apply, in both rehearsal and in performance.

**Seth Barrish** is an actor, teacher, and the co-artistic director of The Barrow Group in New York City. In his thirty-year career, he has directed the award-winning shows *My Girlfriend's Boyfriend* (Lucille Lortel Award for Best Solo Show, Drama Desk and Outer Critics Circle nominations for Best Solo Show), *Sleepwalk With Me* (Nightlife Award for Outstanding Comedian in a Major Performance), *The Tricky Part* (Obie Award, Drama Desk nominations for Best Play and Best Solo Show), *Pentecost* (Drama Desk nomination for Best Play), *Old Wicked Songs* (Los Angeles Drama Critics Circle Award and Garland Award for Best Direction), and *Good* (Straw Hat Award for Best Direction), among dozens of others.

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