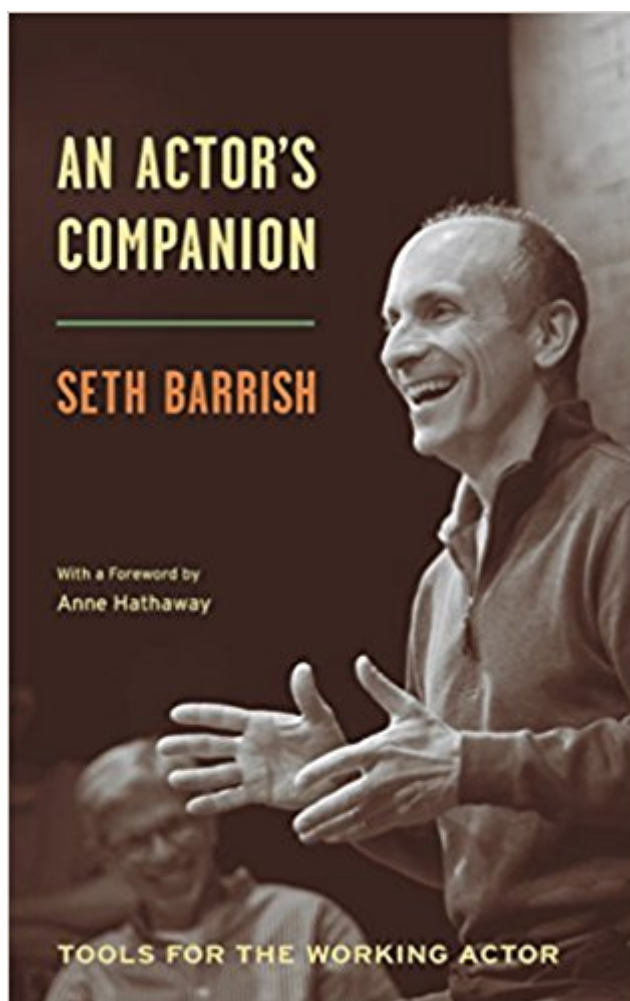


The book was found

An Actor's Companion: Tools For The Working Actor



Synopsis

“There is a 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.” – Anne Hathaway, from her Foreword

“Seth Barrish has coached me on almost every TV project, film or audition I’ve done since we met ten years ago. When it comes to wisdom about acting, there’s no one I hold in higher regard.” – Mike Birbiglia, comedian, director, actor

“Seth’s approach and understanding is awesome. He makes it very easy to act by telling you not to act and be natural. It could be as simple as having something in your hand, creating business while you deliver a line to make it seem natural and comfortable. His book is amazing; it’s basically the actor’s blueprint.” – Jay Pharoah, actor, comedian

“In Seth’s class I often watch him transform a student’s good, yet average performance into a precise and exhilarating one, with just one simple adjustment. I am constantly blown away by how he does this. This book explains it.” – Sarita Choudhury, actor

“This book is truly unlike anything else I know; these pieces are haikus on specific elements of performance and character building.” – Philip Himberg, Sundance Theatre Institute

An Actor’s Companion is ideal for both seasoned professionals and beginning actors. The tips and exercises are simple and direct, and easy to apply in both rehearsal and performance. Seth Barrish is an actor, director and co-founder of The Barrow Group, a theater company and acting school, in New York City. During his near forty-year career he has directed the award-winning *My Girlfriend’s Boyfriend*, *Sleepwalk with Me*, *The Tricky Part*, *Pentecost*, *All the Rage* and *Old Wicked Songs*.

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Customer Reviews

With the simplicity of a Zen master and the wit of an author who knows his business, Seth Barrish offers the true gift of any teacher to a student: precise tools that are easy to grab and handy for life.

Martin Moran, actor, playwright: After having had my fair share of overly intense and arrogant acting teachers while living in New York, Seth was a breath of fresh air. He exorcised out the work of acting and finally brought back its true intention... play.

Tony Hale, actor: As a casting director who has never acted, his succinct, accessible lessons help me to not only be a better reader with the actors I audition on a daily basis, but these lessons have also given me the vocabulary to direct the actors into giving a better performance.

Jennifer Euston, casting director: I have introduced Seth's book to my closest friends. You can now see them all on your favorite shows. Enough said.

Sakina Jaffrey, actor: What a gem! An Actor's Companion is not only wise, but practical. The way Seth works is the best way: going for simplicity and spontaneity. But the book is selling itself short. It's not only an actor's companion; it's also a director's companion. I know I'll be using it.

Frank Oz, director, actor: The tools that Seth gives actors make the director's job easier and more exciting.

Michael Apted, film director: Seth's book cuts to the quick: specific, precise tools to make your acting more spontaneous. Seth's tools helped me rediscover the joy of acting.

Michael Stahl-David, actor: An Actor's Companion is filled with simple, straightforward tools that are immensely freeing for any actor. They put you in your most creative and spontaneous state. I highly recommend this book!

Peyman Moaadi, actor: Seth's book gives actors what they need most in their very public, yet oddly isolated enterprise, and that's a practical companion.

David Rabe, playwright: Are you an actor?... Do yourself a favor and buy this book! Clear, concise and fun to use! I play with these tools every time I work.

Alison Wright, actor: Over the years, my acting had become so labored that it had simply stopped being fun. This book of tools made me fall in love with acting all over again. Plus, I started booking a lot more jobs!

Poorna Jagannathan, actor: An Actor's Companion is a wonderful and useful

book, whether you're an old pro or just starting out; there's something for everyone!

Debra Monk, actor: Simple, clear cut, direct, practical actions to solve my everyday actor problems.

Zachary Booth, actor: "With the simplicity of a Zen master and the wit of an author who knows his business, Seth Barrish offers the true gift of any teacher to a student: precise tools that are easy to grab and handy for life."

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Seth Barrish is Co-Founder and Co-Artistic Director of The Barrow Group, a New York-based theater company and school. As a director, his credits include the award-winning shows *All The Rage*, *My Girlfriend's Boyfriend* (final performance at Carnegie Hall), *Sleepwalk with Me*, *The Tricky Part*, *Pentecost*, *Old Wicked Songs* and *Good*, as well as dozens of productions Off-Broadway and in theaters across the United States and around the world. He directed the Netflix comedy special *Mike Birbiglia: My Girlfriend's Boyfriend*, and was co-director for the feature film *Sleepwalk with Me*. He is a renowned professional acting and directing coach and teacher. As an actor, he appears regularly in film and on television. He is also a composer and songwriter (SESAC). He is most proud of his affiliation with his family: Lee Brock, Phillip and Rachel Barrish.

I love when books get down and dirty , this is a book of tips for the professional actor , very helpful and very easy to remember and try , troubleshooting is a subject that actors usually talk between them anecdotally, it is very useful to have a book that is not addressing the issue of training like most books do , or have a books that talks about new age acting "how to live your life stuff" (both of the useful) but to address issues of crafty tips like a coach beside you whispering in your ear ! The writers voice is very direct and light but most importantly to the point ! One if is well read will identify Michael chekhov's words and advise and many other teacher , that's is to say that the teacher has borrowed wisdom both from his experience and from other masters , somethings that makes the book even better ! I liked the fact that he didn't feel like he had to either tell us (not in all stories) the source of the exercise or the reason behind it , sometimes all you need is just the advice ! Very well done sir !

I will be upfront: I love this guy. What i loved most about the approach he has taken to the writing is that the bite size points are not only digested easily but they tend to stimulate memory examples from the recent and distant past. This makes it an engaging and absorbing read, taking me from a stance of theoretical comprehension to engaged practical understanding. I got a good deal out of the weekend i spent with Seth at the Barrow Group but his book has revitalised the connection and appreciation i had then and has clarified some points which i had not quite got. I loved Hagen's *Respect for Acting*, but whilst i think what she says is practical, it does come packed in a slightly

doctrinal box. I found the manner in which Seth has approached the simplicity of acting in specific points helps me identify issues to be addressed and i look forward to using the book as a part of the search for the answers.

I had the chance to study with Seth in NYC and am so grateful to have his words, reminders, tips and wisdom at my fingertips. Seriously, this man and his book are full of the genius any actor needs to bring real life, true vulnerability, and the beauty of human foibles into their work.

Awesome guide for every actor to have! Seth's masterful ways into "The craft" are useful, practical and can assist every actor, no matter how experienced they are. He finds a way of writing that really allows the actor to fully understand each point he is making. Definitely a back pocket book to hold onto. With his writing I was able to translate things I had only ever thought about.. Things dealing with character, character type, physical awareness and so much more. - Not to mention the Barrow Group has an amazing group of actors. If this is just a smidgen of what they're discussing then it's worth it!

Seth Barrish is being too modest in his title. The insights in this book, presented as seemingly innocuous little snippets of advice, add up to a powerful portrait of theatre itself, and would certainly be useful to anyone who is interested in the performing arts. Yes, it provides excellent guidance or reminders for actors; but writers, directors, producers, and even critics could benefit greatly from the straightforward advice as well.

I love this book! It's very easy to follow and understand. Each "tip" is clearly explained and simple to do. No technique is necessary to apply any of the "tips" mentioned in this book to get you results. I've been working with Seth Barrish at The Barrow Group in class and in class he guides me through my scene work using what he preaches and the outcome is extraordinary! I highly recommend this book to any actor seeking to improve their craft in a clear and concise manner. You won't regret making the purchase that I can promise you.

Truly an actor's companion. Seth has captured, in very simple terms, the blueprint for building engaging characters and dynamic interactions between performers. This book should live, highlighted, dog-eared, and well used in every actor's backpack or script bag. It will be shared as a gift with the local community actors I work with and I'm excited to see its impact. Well done!

Seth is probably the best acting teacher in New York at the moment. And he's not just a teacher, he puts up or shuts up. The man has honed and directed four incredible one person plays that I've witnessed, two with Martin Moran and two with Mike Birbiglia, directed productions at THE BARROW GROUP, always to naturalistic perfection and acted in several of them (He's a bitchin' actor). This book is the most beautiful and simple crutch and actor will ever receive.

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