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Theatre Professional Explains Acting Methods While Encouraging Individual Discovery

(Piscataway, New Jersey) - - While acting and performing is commonly and correctly thought of as requiring a natural talent and desire as a foundation, guidance and direction even before an acting student hits the stage are also valuable assets.

What Method? The Different Ways An Actor Can Train by actor, playwright, producer, theatre teacher and founder of the Ripple Effect Artists theatre company Jessie Fahay is a concise yet detailed examination of the acting training methods developed by Uta Hagen, Konstantin Stanislavski, Sanford Meisner and Stella Adler. Fahay's presentation of the structure and philosophies of these acting methods serve equally strong as a text book for use by acting teachers and coaches as well as for those endeavoring to discover and fine tune their acting desires on their own.

Each chapter of *What Method? The Different Ways An Actor Can Train* explains the elements of each training method and includes exercises which enables the reader and student to gain a better understanding. Fahay shares her contemporary knowledge and personal experience with these foundation styles of the acting craft in tandem with the thoughts and beliefs of their creators. References to actors who studied and practice these methods along with information on where they're taught bring a greater insight and motivation to the student.

Jessie Fahay's goal with *What Method? The Different Ways An Actor Can Train* was to remove any apprehension or intimidation from acting studies, which too often creates frustration and limitations within students. Fahay believes that instruction only achieves its true potential when it inspires action and strengthens commitment. *What Method? The Different Ways An Actor Can Train* calls on those seeking their way in the craft of acting to cultivate their talents through one or even a combination of the acting methods explained within the pages. Jessie Fahay's book allows an equal opportunity for the acting student to build a foundation while also challenging themselves to grow.

Fahay believes that while learning the craft of acting can be difficult, the love and passion people feel for it must always be encouraged in order for the student to discover their personal path and succeed. She says, "I wanted *What Method? The Different Ways An Actor Can Train* to be a book that acting teachers and coaches could rely on as a tool that would make talent development understandable and realistic. At the same time, I wanted my book to serve as a reference for professionals who want to study and explore for them what could be new ideas that they can put into practice for a

greater understanding of their capabilities and untapped potential.”

Jessie Fahay is an experienced acting veteran who began studying the Hagan and Meisner methods at the age of 16. Her professional career took her to the New York stage as well as to several touring companies. Fahay’s resume also includes numerous TV and film appearances. She’s the author of two plays and is currently developing her new theatre company Ripple Effect Artists. Along with her parents, Fahay considers Monroe Mann, Michael Cevaris, Meryll Streep, Kevin Spacey, Edward Norton, Phillip Seymour Hoffman and Daniel Day Lewis to be her role models and inspirations.

If an acting teacher or coach wants to be honest, they tell their students that their potential for success rests heavily on their shoulders. *What Method? The Different Ways An Actor Can Train* becomes a journey for actors of all levels of experience to discover the ways they can bring their goals and dreams into reality.

(For more information about Jessie Fahay, What Method? The Different Ways An Actor Can Train, Ripple Effect Artists or to arrange an interview, call 908-804-3009, email RippleEffect.Fahay@gmail.com or visit <http://www.JessieFahay.com>)