



Freeing the Actor: An Actor's Desk Reference

Eric Morris

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Freeing the Actor is the seventh in a series of acting books by Eric Morris, which explain and describe his unique system of acting. In this book, which is totally aimed at the instrument, Eric has implemented a complete approach to eliminating the obstacles, dependencies, traps, and habits that plague and block actors from functioning from an authentic, organic place. By teaching actors how not to act, Eric leads them to understand that they must experience in reality what the character is experiencing in the material. In order to accomplish that, they must be instrumentally free to connect with and express their authentic emotional realities. Liberating the instrument allows them to access all of the colors of their emotional rainbow.

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