"A must read for any serious actor who wants to last in this business. A book about keeping true emotional balance on the roller coaster of demanding roles and constant competition."

To order on amazon: [http://ow.ly/IP1RM](http://ow.ly/IP1RM)

"Plainly, Chaulet makes her case. The craft of acting has had an unspoken need for a system that dedicates itself solely to balancing who we are with who we are required to become."


"Emmanuelle Chaulet’s A BALANCING ACT is a godsend to performing artists of any sort. It allows us to endure and even thrive during the rise and fall, the constant state of transformation, the juggling of feelings, styles, jobs, and colleagues while maintaining an even keel."


"A groundbreaking book written by a groundbreaking artist. A MUST for any serious, contemporary performer."

Sean O’Connor, NY actor, award-winning playwright and winner of Hollywood’s prestigious American Accolades Award

"How can actors who convincingly pretend they’re having heartrending, tumultuous experiences let those experiences go at the end of a scene? How can actors fully and believably take on other people’s lives without damaging their own?"

Jackie Apodaca, Backstage.com October 2008

"Truly some of the freshest and most innovative 21st century contributions to the art of acting."

Mel Shrawder, NYC AEA/SAG actor, Law and Order, Faculty at the Michael Chekhov Acting Studio in NYC

"Chaulet seems to have found healthy and innovative ways of approaching a technique that can be emotionally draining and sometimes harmful."

NYC Drama Book Shop Inc.

"In fifteen chapters and six appendices, Chaulet’s carefully crafted method takes the actor on a journey from a personal awareness of his/her energy system, to an application of that knowledge in the creation of a character."

Barbara Sellers-Young, York University

To order on amazon: [http://ow.ly/IP1RM](http://ow.ly/IP1RM)

$19.99

STARLIGHT ACTING BOOKS

[www.starlightacting.org](http://www.starlightacting.org)