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'Every scene or action or speech has a so therefore. It is the goal, the ultimate statement of the character. You should know the so therefore as you begin your scene ... The climax and the payoff is the so therefore.' - from Al Ruscio's Preface

When working through a scene with a student, renowned actor and acting teacher Al Ruscio will ask, 'so therefore, what?' to urge them to capture the specific actions and desires that define their character at that moment. *So Therefore* interweaves tried-and-tested practical exercises with sound advice, and illustrative tales from Ruscio's remarkable career, to form a training handbook as uniquely pragmatic as his favourite phrase. Breaking down his method into three broad focuses, Ruscio considers:

Warming Up - including relaxation, going 'beneath the words' and emotional recall;

Scene Work - ranging from character analysis to an exploration of action;

The Play - discovering its spine, progressing through rehearsals and sustaining a performance.

But *So Therefore* also reflects wisely on such diverse subjects as Stage versus Film, and Stamina, Luck and Chutzpah. Enriching and generous, it is the culmination of a career that has taken in dozens of major motion pictures, and spans the entire history of television - as well as half a century spent training actors.