

Audition Psych 101

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Synopsis

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Based on the popular workshop of the same name, Audition Psych 101 takes a detailed, unvarnished look at the mental gremlins that can make auditioning stressful. With frankness, humor, and a pro-actor sensibility, professional working actor Michael Kostroff (The Wire, The Deuce, Luke Cage, The Blacklist, Law & Order: SVU, etc.) explodes commonly accepted mythologies and offers a fresh, more logical, and more effective approach to the whole process. Speaking directly to other professional actors, Kostroff pulls each step into slow motion, shining a light into the dark corners in search of those little snags that can screw us up.

About the Author
Michael Kostroff is best known as an actor, having appeared on dozens of TV shows including The Wire, The Deuce, Luke Cage, The Blacklist, Law & Order: SVU, and more, as well as HBO Films' Wizard of Lies starring Robert De Niro, and the HBO miniseries, The Plot Against America. His stage work has included national tours of The Producers and Les Miserables. He's the author of Letters from Backstage, a behind-the-scenes chronicle of his time on the road with the aforementioned musicals, and the co-author of Answers from "The Working Actor," a textbook based on the advice column Kostroff wrote (alternating with co-author Jackie Apodaca) for the actors' weekly, Backstage. His blog, The Weekly Curmudgeon, is gaining popularity with those who enjoy such things. He's currently at work on his next writing project, The Stage Actor's Handbook. Kostroff is also a director, acting coach, and an instructor, traveling far and wide to present his Audition Psych 101 workshop as well as his other classes. He lives and works in his home town of New York City.

Reader's comments

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