



SMFA: The Ninja Within

Bonnie Gillespie

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Author Bonnie Gillespie has done it again! Her wildly popular "Self-Management for Actors: Getting Down to (Show) Business" has spawned a series of classes, a podcast, an online course, an app, and a worldwide tour. Actors all over the planet are learning how to control what few things they do control in pursuit of a creative career. Using the SMFA principles, this pocket guide encourages actors to embrace their power as storytellers, to "lurk then lead," to strengthen the Web of Trust, and to remember the love in this pursuit. So many actors block their own success by focusing on other actors' journeys, by dwelling on rejection, by not celebrating what they can do--daily--to rejoice that their creative path is filled with the opportunity to change the world. Look, we're not curing cancer in show business, but maybe we're bringing relief to someone as they're going through chemo, through the stories we help tell. "SMFA: The Ninja Within" is filled with short reminders about the mental game you're facing. Flip to a page, get a quick shot of badassery, and then get to work!

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