



How to Be a Happy Actor in a Challenging Business: A Guide to Thriving Through It All

By Justina Vail

Createspace, United States, 2012. Paperback. Book Condition: New. 232 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Why a book for ACTORS on the subject of HAPPINESS? Being generally happy and fulfilled is not only something everyone deserves, it is absolutely essential to the success and longevity of an actor's career. Actors face a unique set of challenges, and no matter what level a career is at, uncertainty, rejection, judgment and disappointment are all part of being an actor. Happiness is often placed in the hands of what happens out there - booking the jobs, getting good reviews, making that money- yet the truth is, circumstances are only 10 responsible for our happiness. 50 is due to our genetics and, most significantly, 40 is in our own hands. It turns out, happiness is an inside job. An award-winning book, How to be a Happy Actor in a Challenging Business: A Guide to Thriving Through it All takes you on a journey of self-discovery and empowerment. You will learn the activities that have been scientifically proven to boost happiness levels, and discover some of the world's most powerful spiritual knowledge on the subject. There are practical,...



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