

THE LYNDON TECHNIQUE

The 15 Guideline Map To Booking

"The Actor must approach acting like an Olympic Athlete, the more you practice the necessary skills the more you will book. When a high level of discipline and concentration on the work is achieved, you will see incredible results." - Amy Lyndon



Question Asked to Amy Lyndon by BackStage.com

"Are Great Actors Born Or Made?" - 05/12/2008

Great question. I'm sure not too many people share my views on this, but I do believe that anyone with a great emotional facility, imagination and fortitude can become a great actor. The actor is "made" by his or her own willingness to be great. There are actors that were "born" to be actors, however if they don't understand the work that it takes to be great, then it's just another person out there who never capitalized on their God-Given gift. Just because an actor has a television series or stars in major motion pictures, does not make them great. They most certainly can fall into the category of "made." That is in the sense that they had the right look and were placed into a project at the right time. There are many brilliant actors out there that work hard and are ready, but were never "made." That is, "made" in the sense of the business making them a household name. There are others like Philip Seymour Hoffman that are brilliant because they worked on anything and everything to be seen, heard and exercised to the extent where they built their career whereby the public came to them. Cream really does rise to the top.

Amy Lyndon