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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.