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## SMFA: The Ninja Within

*Bonnie Gillespie*

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**Bonnie Gillespie : SMFA: The Ninja Within** before purchasing it in order to gage whether or not it would be worth my time, and all praised SMFA: The Ninja Within:

1 of 1 people found the following review helpful. Reminds me who is inside ME!By Judy KerrI received the book a few weeks ago and thought wow this is so little and compact and then opened it and discovered the huge box of gold this little book is. This morning I was thinking about a certain goal, determination, dream I'm working towards and I needed some inspiration. Something led me to think - I need to be Ninja in my cause here (a term I've learned to use because of Bonnie). So I picked up THE NINJA WITHIN opened randomly to page 63 and "Practice" with reminders of how I have stacked the deck in my favor, I've controlled what I can, to stop pulling on the Mind Taffy, to have no attachment on the outcome, to show my stuff and my job is done. I can commit to the Three C's: Character, Choice and Commitment. Wow, I have a few more days of prep and I want to stay Ninja all the way.Eternal thanks Bonnie, these powerful bits of wisdom will help me keep my sanity during this huge time of creation. As an acting coach as well as an actress I am telling all my actors this is the go to book to have in your pocket.1 of 1 people found the following review helpful. This book is a set-up! ...In a GOOD way.By Garry MartinThis inspiring book of Ninja moves for the ambitious actor makes you hungry for Bonnie Gillespie's other book, "Self-Management for Actors," which serves as a guide for mapping out a clear game plan towards career success. "The Ninja Within" is your quick pick-me-up and a reminder to stay focused on the journey.1 of 1 people found the following review helpful. Five StarsBy DRFexcellent condition

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!

About the AuthorBonnie Gillespie has been named in the Back Stage "Best of Los Angeles" Issue for her casting and writing. Her weekly column, The Actors Voice, is at ActorsAccess and her podcast, The Work, is on iTunes. Her books include "Casting Qs," "Acting Qs," and "Self-Management for Actors," which was named one of The Top Ten Best Books on Acting Ever Written. Bonnie facilitates seminars based on her books and has demystified the casting process and the business side of pursuing an artistic career as a guest instructor at colleges, universities, and private acting studios all over the world.Excerpt. copy; Reprinted by permission. All rights reserved.How To Use This BookLike you need instructions, right? Look, this book is a result of more than a decade of work with actors all over the world and the refrain, "I wish I could just have a 'Bonnie in my pocket' to help me out, when I get stuck in Actor Mind Taffy. When the Monkey Mind takes over. When the road to Bitterville is too easy a path to walk."So, here it is. "Bonnie in your pocket." SMFA: The Ninja Within.Anyone who has read my other books, my weekly columns, my personal blog posts; who has attended any of my classes mdash; online or in person mdash; whether in Los Angeles or in cities to which I travel; or who has worked with me for private coaching over the years has heard at least a few of these statements. Because it WORKS, this is stuff I've been saying forever.And it's all in one place, here. It's bite-sized. It's the kind of wisdom you can tap into, quickly, right before your next audition, meeting, or production powwow. It's a go-to guide for getting to your next tier, without all the girth of Self-Management for Actors. I mean, c'mon, that's a pretty thick book. This one? It fits in your pocket.Presented in the same basic layout as Self-Management for Actors, this book's contents are grouped so you can get to something that's in the zone at which you're vibing at any given time, or you may just choose to flip to a random page and treat this as a dose of your sensei's wisdom on whatever it is that you're facing. Perhaps the page you land on is exactly what you needed at that moment. Ninja!Why ninja? Well, the SMFA principles include emphasis on a concept called "lurk, then lead." The more you study the world you hope to master mdash; before you enter it mdash; the better chance you have of succeeding. So many actors charge ahead, untrained, having done no research, and with no sense of honor about their relationship with the big picture that is THIS BUSINESS. By standing apart from those folks, you help create the Hollywood you want to be a part of, for the long haul.We're making this industry a better place, daily. Stay mindful of your place as a leader in this journey. Get down with the pursuit. Celebrate your love for what we get to do every day, here. Stay ninja.