

## **Understanding the Actors Guild of 1994 that made a difference in the Broadway company, with Jacob Mangold.**

### **Episode 001: Show Notes.**

On today's show we have Jacob Mangold, author of *Actors Guild 1994*. Jacob wrote the book after years in the acting profession and noticing how often the lifestyle lead to a multitude of unhealthy habits. Through its inescapable ups and downs, quality, intense schedules, and constant pressures, being an actor can really strain someone trying to make it in the business. These were experiences Jacob had himself and had seen with countless others since. We chat with Jacob about his early days trying to get work and how he realized some things had to change if he was going to survive. From there we go onto a few lessons from the author and his book and look at some examples of people Jacob considers to be actors who are taking care of themselves and making the kind of choices you need to in order to be happy and successful. For any actor, or in fact anyone in a profession that requires balance, there is a lot of great insight in this episode. So let's get right into it!

### **Key Points From This Episode:**

- Jacob's early experiences with acting and naturally being drawn to theatre.
- The difficulties that arose in his early career and how he managed these.
- The demands of the acting life and the reasons behind publishing *Actors Guild 1994*.
- Having a life outside of the theatre as a way to stay sane and balanced.
- Starting with physical health as a foundation for better mental and emotional health.
- The period when Jacob noticed he had turned a corner in his life and acting career.
- Looking at the most famous actors in the world and how they fit into Jacob's ideas.
- Upping your game through self-care and the vibe you give off.
- The second half of the book and managing the balance of your lifestyle.
- GSD and 'Getting Stuff Done' in the more mundane spheres of life.
- A particularly inspirational story from a reader of the book.
- A meditation challenge from Jacob to our listeners!
- And much more!

### **Tweetables:**

"When you don't have the physical energy, it's hard to have the mental energy. A lot of us are kind of running on fumes and certainly as actors with not getting enough sleep, staying up too late." — @Jacobmangold [0:11:19.2]

“A lot of actors are on a tight budget. You know, living in New York or LA is not cheap. There’s a lot of ramen noodles and cans of tuna and Starbucks and all that.” — @Jacobmangold

**[0:12:43.9]**

**Links Mentioned in Today’s Episode:**

Jacob Mangold — <http://jacobmangold.com>

Actors Guild 1994 — <https://www.thebooklinkonamazon.com>

Creative Artists — <http://www.caa.com/>

Company Name Here — Company Name here

The Artist’s Way — <http://juliacameronlive.com/the-artists-way/>

Indiana Jones Temple of Doom — <http://www.imdb.com/title/tt0087469/>

The Book of Mormon — <http://bookofmormonbroadway.com/tickets>