



The Rainbow of Desire: The Boal Method of Theatre and Therapy

Augusto Boal

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Rainbow of Desire is a handbook of exercises with a difference. It is Augusto Boal's bold and brilliant statement about the therapeutic ability of theatre to liberate individuals and change lives. Now translated into English and comprehensively updated from the French, *Rainbow of Desire* sets out the techniques which help us 'see' for the first time the oppressions we have internalised.

Boal, a Brazilian theatre director, writer and politician, has been confronting oppression in various forms for over thirty years. His belief that theatre is a means to create the future has inspired hundreds of groups all over the world to use his techniques in a multitude of settings. This, his latest work, includes such exercises as:

- * The Cops in the Head and their anti-bodies
- * The screen image
- * The image of the future we are afraid of
- * Image and counter-image

....and many more.

Rainbow of Desire will make fascinating reading for those already familiar with Boal's work and is also completely accessible to anyone new to Theatre of the Oppressed techniques.



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