



# 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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