

Amanda WARREN

WILL CARRY YOU AWAY

From Challenges of Life

One of the most educated rising stars struck us with her emotional performance in HBO series Leftovers. Amanda Warren talks to HL about her freedom and power, Stanislavsky and a massive crush on Damon Lindelof.

HL: How does your diploma from Yale make you different from others in your profession?

Amanda Warren: My MFA from Yale School of Drama nor my BFA from the Tisch School of the Arts at New York University make me any different from other actors in film, television or theatre. The great thing about actors is that we all come from different walks of life and find our approach to acting and how we work in different ways. I attended university because I have always felt that education is freedom and power. I wanted to develop my own unique approach to the craft by working with some of the best acting teachers in the country and, in some cases, the world. Attending college and graduate school provided me with a variety of ways to go about developing character and how I approach the stories I help to tell. If one instructor's method didn't work for me, I put it in my back pocket by taking notes and saving it for a rainy day for those days I'm feeling stuck and need to pull out my bag of tricks. What I loved about Tisch's BFA program is that you had two full days of solid academic study—social and natural sciences—in addition to the mandated eight theatre studies courses we enrolled in, making the BFA degree at NYU Tisch one of the most respected undergraduate performing arts programs in the country. When I applied for graduate schools I knew in my heart and soul that acting was my skin and I wanted to breathe, taste and roll around in it 24/7; and at the Yale School of Drama that's what you do. Yale takes the phrase "study of concentration" to a whole new level! I appreciated every minute of it as my education has made me the artist I am today.

HL: You have worked in theater on serious projects like *Three Sisters* (Classical Theatre of Harlem), a famous Chekhov play. Are you adept in Stanislavski's system or you were using Meisner's?

Amanda Warren: For my upperclassman years, I studied at the Stella Adler Studio of Acting. Ms Adler was one of the very few Americans who had the great fortune of studying directly with Stanislavski. My imagination is

everything when it comes to storytelling. Unfortunately I'm not well traveled (I'm hoping to change that very soon) and I clearly don't have firsthand experience on Russian country life in the late Nineteenth and early Twentieth centuries, so I tend to go to the library and online to view pictures of people and the landscape of the environment my character lived in when taking on period pieces.

HL: Is theater your true passion?

Amanda Warren: Storytelling is my true passion. As I said earlier, acting is my skin and I've been blessed to work in theatre, television and film and I've found that as both an audience member and storyteller in all three realms, that they are nurturing in different ways. The theatre, I will say, is the most powerful for me as an actor because our audience is in the same space with us: breathing the same air, experiencing the same moments at the same time. There's no one yelling "Action!" or "Cut!" Very often you will hear artists say: in film the story is told through the lens of the director, in television through the lens of the writer (also known as what we call the showrunner), but in theatre... in the theatre there's a moment—after the tech rehearsals and previews—that the actors take ownership of the story and we just swoop up our beautiful audience carrying them away from all the challenges life may be confronting them with at the moment and we fly! We all fly together. When that curtain falls at the end of every show and you come back to yourself, hot damn it's one of the best feelings in the world!

HL: There is a lot of emotion portrayed in the HBO series *"The Leftovers."* Where do you draw your inspiration from?

Amanda Warren: My imagination. 140 million people just vanish? And you didn't leave a note?! My imagination has been everything in my work these six months of filming. I was inspired by love and faith, strength and perseverance.

HL: Can you tell us a little bit about the creative process and working with Damon Lindelof?

Amanda Warren: Damon's a rock star and one of the hardest working people I have the great privilege of working with. Full disclosure: I have a massive art crush on Damon Lindelof. Damon is so in touch with the humanity in his stories that he's already made the words breathe on the page before anyone vocally activates them. I dig that. A lot. One of the many things I adored about our process working episode to episode is that we didn't have table reads. Coming from the theatre I have to say it freaked me out at first but this being my first television show as a series regular, I've come to realize the scripts can change so much from day to day while filming the episode that it seems more productive to put that time into preparing for the scenes about to be shot. It takes a lot of time and preparation to get an entire cast (we are a large ensemble), creatives and certain crew members into one room for an hour or so to read something you all know is going to change... It seems like our time can be spent more wisely getting ready to film. After all, time is valuable and, in show business, time is money!

HL: What are your health tips for Healthy Living readers?

Amanda Warren: Cardio is vital. I do indoor cycling as much as I can at *Cyc Fitness* here in New York. Yoga is excellent! It not only keeps me healthy physically but mentally and spiritually also. If you're like me, yoga is particularly great if you don't necessarily do free weights as often as you should making it a nice alternative to building nice, lean muscle. If I can't get to the gym as often as I would like to, I usually don't worry about it. I'm a born and raised New Yorker so walking is in my bones and, after the day is done—especially during the spring and summer seasons—I've usually done an hour of walking. Just walk everywhere. I walk even to and from gym which I count as my warm up and cool down. ■



SPRY Sugar Free Spearmint Chewing Gum & Peppermint Mints

Although I try not to chew often, Spry Chewing Gum is ideal for the summer salads with red onions. After a few minutes of chewing my mouth feels completely refreshed! If I'm not in the mood for chewing gum, I use of Spry's refreshing mints!



SPRY Oral Rinse

Makes my mouth feel as though I've had a friendly home visit from the dentist. Spry Oral Rinse also doesn't have that overpowering alcohol taste.



SPRY Xylitol Peppermint Toothpaste

This toothpaste leaves my teeth and gums feeling clean, refreshed. And I know it protects teeth and gums me during my day meals.





NEOCELL Collagen Beauty Builder

My body likes these gluten-free supplements. Ideal for those with celiac disease. No after-taste or weird stomachaches that supplements with gluten can cause.



**ECOS
Window Cleaner w/ Lavender**
I've found an eco-friendly window cleaner! I don't even have to use vinegar to eliminate the streaks that most window cleaners leave behind.



BARLEAN'S Organic Virgin Coconut Oil Island Fresh

I use on my hair and skin after going to the sauna and steam rooms! A little bit goes a very long way and nourishes skin after the weekly visits I take to the sauna.

ECOS Liquid Laundry Detergent Magnolia & Lily

Having eczema, I try my best to stay away from detergents and dryer sheets with fragrances, but ECOS Liquid Laundry Detergent with the refreshing scent of magnolia and lily leaves my linens and clothes with the a beautiful lingering aroma that doesn't cause skin irritation.



BIOKLEEN Laundry Liquid

Products with no harsh chemicals are always a friend of mine! Scent of grapefruit seed and citrus extracts that on my kitchen towels and oven mitts while I'm cooking Sunday dinner delights me.



IMMUNE-TREE Colostrum6 Nano- Strength Lozenges

There's nothing worse than a summer cold! So, whenever I'm on set and going in and out of air-conditioned studio into the ninety degree heat, I'm sure to pack these lozenges with me to avoid a summer cold.



BLUE LIZARD Australian Sunscreen

This non-greasy sunscreen keeps my skin protected and glowing without the threat of breakouts from fragrances and other harsh chemicals.



REJUVILA Midnight Beauty

When I come home at 4 or 5AM after being on set, I hydrate, hydrate, hydrate and take Midnight Beauty to get rest and relaxation while it also rebuilds my skin, hair and nails.



SHOWERWISE Shower Filter

This has been a miracle-worker! My skin is left feeling more rejuvenated and fresher than ever!



BRAGG Organic Sprinkle 24 Herbs & Spices Seasonings

As someone who enjoys cooking on Sundays, this herbs and spices seasoning has turned the flavors in my kitchen up a notch without turning up my cholesterol and blood pressure. Who says healthy food has to be bland and boring?!



TERRY NATURALLY Vectomega

This is the first marine oil that delivers on its promise of "No fish burps or after-taste." I'm in love!



MEGAFOOD Booster Powders

MegaFood's Booster Powders come from all organic and minimally processed whole foods. Daily C-Protect with Uncle Matt's Oranges, organic blueberries, cranberry, astragalus and schizandra. Daily Energy provides fermented B vitamins, ginsengs with ashwaghandha, beet root and green tea.

My favorite, Daily Turmeric contains black raspberry, black cherry, black pepper, whole oranges and cranberries, organic, locally, and is an anti-ager supreme with a true rasayana herb in turmeric. Daily Purify contains the crucifers, broccoli and cabbage; dandelion, artichoke and parsley. Each powder blends perfectly.

BIOACTIVE Red Rice PLUS

This formula is what the body needs to keep cholesterol down. Red Rice PLUS supplies niacin, vitamin B-1, to cut cholesterol, which the nutrient does as well as drugs; however, pure niacin causes one to flush. Niacin as inositol hexaniacinate is no flush with the same cholesterol reduction. L-arginine, an amino acid, causes vessels to open up, thanks to stimulating nitric oxide activity. Rosemary, ginger and turmeric add antioxidants. Cayenne stimulates blood flow.



DR BRONNER Liquid Soap

The Bronner family has a soap making history that can be traced to ancient European practices and which is now carried out in the US. No wonder theirs has always been pure like Caesar's wife. I like having Dr Bronner around the house because you can use it for anything. It contains no harmful chemicals. It's pure.

ALOE LIFE HEALTHY & SLIM Daily Green

I add this to my favorite vegetable/fruit juice. It gives me energy and kick-starts my day.



BIOACTIVE NUTRIENTS Fiore nails

Caring about your nail environment means preventing fungal growth that comes with polish. Fiore Antifungal nail polishes from BioActive Nutrients use undecylenic acid and propolis to create a healthy environment for nails to thrive.

