

FACT SHEET — »PREPARING HISTORICAL ROLES«

(for Press & Media Use)

Title

Preparing Historical Roles

How Actors and Writers Can Avoid Pitfalls in Biopics, Period Drama and Historical Films

Author

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Digital Bundle available at <https://withdrbarbara.com/preparing-historical-roles/>
(PDF + video walkthrough + audio commentary + Q&A)

Short Description

»Preparing Historical Roles« is a practical method for actors and writers working on historical and biographical characters. It identifies the twelve most common pitfalls in the first days after casting and offers a clear structure for depth without overwhelm — helping creatives build emotional truth from real evidence, not guesswork.

Long Description

»Preparing Historical Roles« is a practical method for actors and writers preparing historical and biographical characters. Drawing on insights from more than 130 projects, it identifies twelve common pitfalls performers encounter in the first days after casting — from panic research and emotional overreach to false assumptions, anachronistic thinking and the misuse of evidence.

Instead of adding more information or creating overwhelm, the book offers a clear structure: what to avoid, what to prioritise and how to approach a role when time is short and pressure is high. Grounded in real diaries, letters, objects and archival fragments, it shows how to build emotional truth from evidence rather than guesswork — and how to work safely with heavy historical material.

Author Biography (Short)

Dr. Barbara specialises in **Historical Character Preparation**. She has supported more than 130 projects across film and publishing. She helps actors build emotionally grounded, historically coherent roles. The German historian works internationally under NDA and is known for clarity, precision and an evidence-based approach tailored to performers working under time pressure.

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High-resolution portraits, book cover, sample Q&A and full press sheet are available in the press kit.