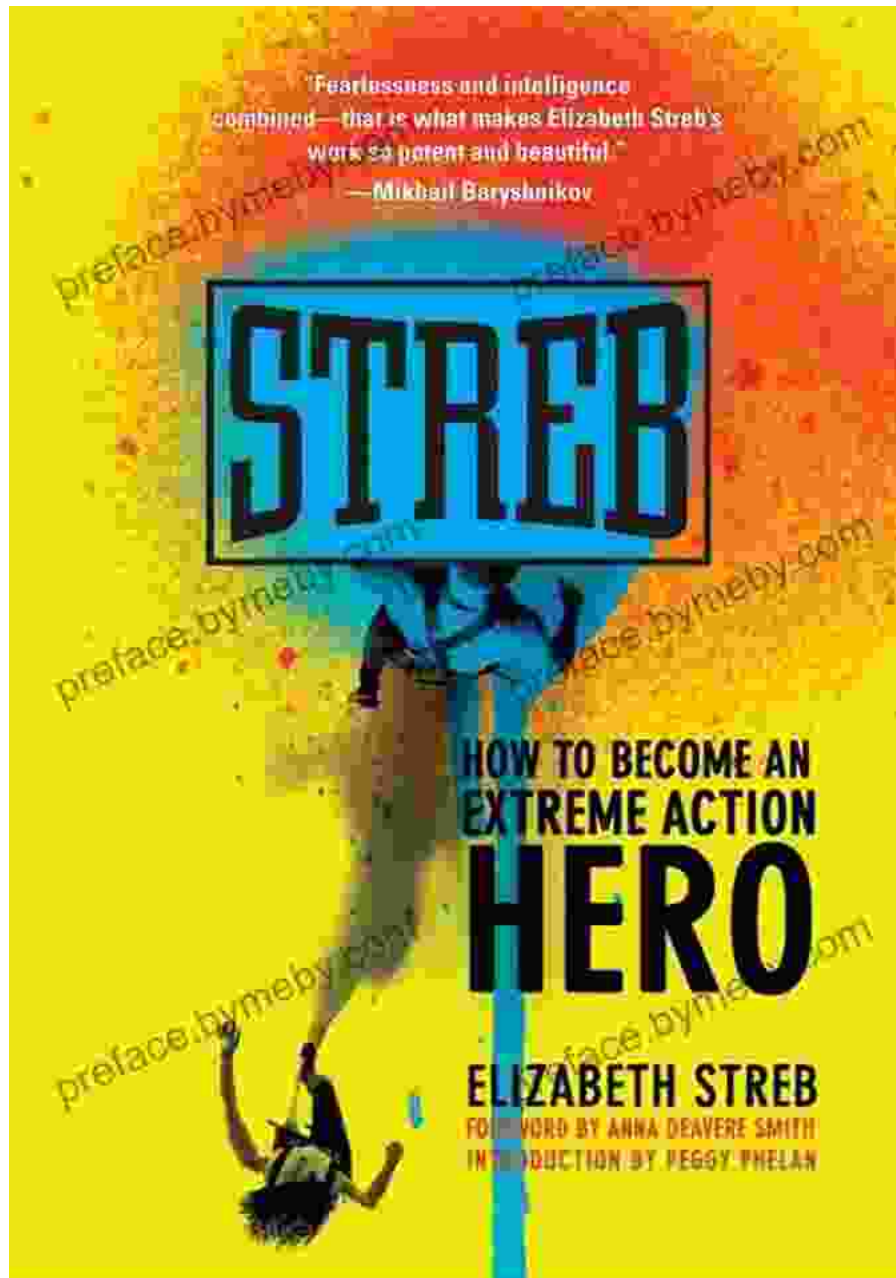


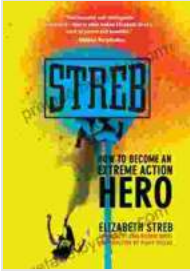
# Streb: How to Become an Extreme Action Hero



**Author:** Elizabeth Streb

**Streb: How to Become an Extreme Action Hero**

by Elizabeth Streb



★★★★☆ 4.1 out of 5

Language : English  
File size : 63750 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 224 pages  
Lending : Enabled



**Publisher:** Abrams Books

**Publication Date:** October 20, 2020

: 9781419740826

**Price:** \$24.95

In this groundbreaking book, legendary action choreographer Elizabeth Streb reveals the secrets of her extreme action style, which has been used in countless blockbuster films and television shows. With stunning photography and in-depth instructions, Streb shows readers how to master the physical and mental skills required to become an extreme action hero.

Streb's extreme action style is characterized by its high energy, high impact, and high risk. Her choreography often involves performers using their bodies as weapons, jumping from great heights, and performing other dangerous stunts. Streb's work has been praised for its realism, its emotional impact, and its ability to create unforgettable action sequences.

In *Streb: How to Become an Extreme Action Hero*, Streb shares her training methods, her philosophy on action, and her tips for creating realistic and exciting action sequences. The book is packed with full-color photographs and illustrations that demonstrate Streb's techniques in detail.

Whether you're an aspiring stunt performer, an action movie fan, or simply someone who wants to learn more about the art of action choreography, *Streb: How to Become an Extreme Action Hero* is a must-read.

Elizabeth Streb is a world-renowned action choreographer and the founder of the STREB Extreme Action Company. She has choreographed action sequences for countless blockbuster films and television shows, including *The Matrix*, *Kill Bill*, and *The Bourne Ultimatum*. Streb is also a MacArthur Fellow and a recipient of the National Medal of Arts.

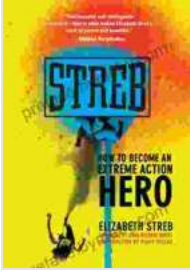
**"Streb is a master of action choreography, and her book is a must-read for anyone who wants to learn the art of creating realistic and exciting action sequences."** - Steven Spielberg

**"Streb's book is a treasure trove of knowledge and inspiration for aspiring stunt performers and action movie fans alike."** - Jackie Chan

**"Streb's extreme action style is a force of nature, and her book is a must-read for anyone who wants to understand the art of action."** - Quentin Tarantino

Free Download your copy of *Streb: How to Become an Extreme Action Hero* today!

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