

# Renaissance Woman and Acting Pioneer Amy Lyndon

Exclusive Interview By Michelle Tomlinson

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[Michelle Tomlinson](#)

[Amy Lyndon](#) has been entertaining the public since the age of 10. During her senior year, Lyndon studied at the [Neighborhood Playhouse](#) (NYC) and went on to England to tackle the prestigious [London Academy of Performing Arts](#) and then earned her BFA from [Syracuse University](#).

Lyndon owned and operated [Gold-Levin Talent Management](#) for 9 years and has been a Booking Coach for close to 18. She created [The Lyndon Technique: A 15 Guideline Map To Booking](#), which has helped 1000's of students learn how to book jobs and consistently earn their living as actors. To Name a Few: [Adam Brody](#) (The OC), [Christel Khalil](#) (Young and the Restless), [Masi Oka](#) (Heroes), [Hosea Chanchez](#) (The Game), [Maiara Walsh](#) (Cory In The House), [Cory Hardrict](#) (Gran Tarino) and [Raini Rodriguez](#) (Paul Blart: Mall Cop).



Her most recent accomplishment is her book, which sold out the first printing in 3 1/2 weeks, [The Lyndon Technique: The 15 Guideline Map To Booking Handbook](#).

MICHELLE TOMLINSON: Amy, thank you so much for taking time out of your busy schedule to discuss your new book with me. I've read it several times and I've got to say, it's the most concise and succinct Acting Book I've ever read. How long did it take you to write it?

AMY LYNDON: Actually, the handbook has been 18 years in the making. My students have been asking me to write a book detailing my [15 Guideline Map to Booking Technique](#) for years, so I finally decided to do just that in December 2008.

MT: Surely it didn't take you a full 18 years to write it, though?

AL: (Laughing) Oh, no. I took a trip to Vegas the first week in December 2008 and wrote for 6 hours then gambled for 6 hours. I brought with me six years of lectures that I had recorded from class, which had been transposed to my computer until I was done with my first draft. I came back to LA and edited it for about three more weeks and got it streamlined. People were trying to talk me into having tons of testimonials in my book, but I just wanted to keep it clean and simple.

MT: What inspired you to create your 15 Guideline Map to Booking? It's not

everyday someone creates a new Acting Technique that's as tried, true and proven as yours.

AL: When I first came to Los Angeles, I had just graduated from Syracuse University. I had this amazing parochial education and all these juices flowing, but I had no idea how to approach the audition space! I wasn't booking because I didn't understand how. So I sat down and one by one, created this Technique for myself. And I started to book a ton of jobs.

MT: And then your success as an actor segued into teaching?

AL: Yes, it was the weirdest thing. My friend's daughter was up for a huge role in [Prehysteria 2](#) and she needed some coaching. So, I coached her and she landed the role! That was the first time I'd shared my Technique with anyone and I thought, "Wow, I created a way of working that can really help other actors realize their dreams by booking work."

MT: It sounds like it jump started from there, that's awesome! Something else I wanted to touch on is your acting career. You have a zillion credits on IMDB.com. You're unlike most other Acting Teachers in Los Angeles because you're still in the game, so to speak. Does that provide you with additional tools with which to help your students?

AL: Absolutely. I love that I can share current information with my students about different casting and on set experiences that I have while out in the field.

MT: Do you feel that your book is only for Actors who study with you, or can anyone learn your Technique just by reading it?

AL: Anyone, anywhere, can pick up my book and learn this Technique. That's why I wrote the book. You don't have to be studying with me in order to own the book or book acting work with this Technique.

MT: Rumor has it the first printing of your handbook sold out in three and a half weeks! Is that true?

AL: It is! Not only did several of my current and past students order it, but also I had orders come in from all over the U.S.A., Ireland, Australia and the UK.

MT: I love that you're International! Congrats! Now if you had any sage advice for Actors out there trying to make it, what would it be?

AL: First off, don't come to Hollywood without a huge nest egg. Watch a lot of Television and Film so you have points of reference and be prepared to work your butt off and carry with you a tremendous amount of discipline. Lastly, make sure it's absolutely the only thing you want to do in your life.

MT: Great words, Amy. Many congrats on your [book](#) and your continued success.

\*\*Note: [Michelle Tomlinson](#) is an Actor whose credits include The Cellar Door, Brain Dead and TV's Worst Week.