

Can you imagine the things you fear most being what sets you free?

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—Riot Material

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—Tolucan Times



“I was on the edge of my seat, and my heart, the entire show.”

—Jennifer Tracy, MILF podcast

SYNOPSIS

Beginning at the age of fourteen, what initially starts as a coping mechanism to a chaotic life, bulimia quickly rages into a full-blown addiction and compulsion and becomes the focal point of Lilly’s upbringing in rural West Virginia. Relentless and determined to be free of her past and disease, Lilly searches endlessly for a cure—from treatment centers and therapy to comical new age practices and chance encounters with sage and colorful characters. She stops at nothing in her quest as to get to the root of her history of self-harm and self-hatred. Eventually, under surprising circumstances, Lilly triumphs in a city notorious for superficiality and sun. By following her heart, learning to listen to her body, and uncovering secrets from the past, Lilly unearths wisdom and the ability to change. She learns how the things she feared most are actually the keys to her freedom. The freedom to finally be...ENOUGH.

Lilly Bright

lilly@curiouslybright.com

310.365.6768

americanstandardshow.com





Lilly Bright (Writer, Performer)

Lilly Bright is a writer, performer, and filmmaker living in Los Angeles since 2003. Her film career includes the production and distribution of award-winning features and documentaries under the banners of Curiously Bright Entertainment and Arthouse Films. Her play, *American Standard: A Story of Enough*, premiered in early 2018 in Santa Fe, New Mexico. In addition to teaching group classes in the Feldenkrais Method, Bright currently apprentices with Ohad Naharin, his movement language, Gaga, and the Batsheva Dance Company in Tel-Aviv. She is currently writing a coming-of-age memoir about being raised in rural West Virginia.

Valerie Hager (Director)

Valerie Hager is an award-winning solo show writer-performer, actor, and former exotic dancer. *Naked In Alaska*, her autobiographical solo play about her experience stripping in Alaska, has had over 75 performances including a 27-show run in the Edinburgh Fringe (Pick of the Fringe). She has directed numerous solo pieces and ensemble productions in New York City and Los Angeles.

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Press List

REVIEW:

Tolucan Times, “Bright is a born story-teller, vibrant and passionate... Highly recommended.” (September, 2019) <https://tolucantimes.info/theatre-reviews/finding-oneself-the-focus-of-american-standard-affirmative-one-woman-show-in-santa-monica-through-sept-28/>

REVIEW:

LA Art Party, “Bright has created well developed characters...which make a wonderful show. Engaging an audience fully in a one-person show is not an easy task. Bright committed to each character and situation with a fierce tenacity. I highly recommend everyone and anyone to attend this show.” (September, 2019) <https://www.laartparty.com/index.php/reviews/theater/3924-review-american-standard-a-story-of-enough>

INTERVIEW:

Riot Material, “...American Standard is unsparing in its self-examination, but leavened by Bright’s humor, sharp ear for detail, and arresting presence.” (September, 2019) : <https://www.riotmaterial.com/lilly-bright-american-standard>

REVIEW:

Culture Spot LA, “When Lilly Bright retches on stage, you feel it in the back of your own throat... The audience, too, shared in her victory based on seeing nary a dry eye by American Standard’s end.” (September, 2019) <http://culturespotla.com/review-lilly-bright-american-standard-a-story-of-enough/>

INTERVIEW:

Broadway World, [BWW Interview: Lilly Bright Talks Bulimia and How Her One Woman Play Sets Her Free](#)

PODCAST:

Mothers I Like To Follow with Jennifer Tracy, [MILF Podcast: The Journey to 'Enough' with Lilly Bright](#)

BLOG:

ANAD (National Association of Anorexia Nervosa and Associated Disorders), [RECOVERY STORY #34: A STORY OF ENOUGH.](#)

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American Standard Online Support

National Bestseller and Empowerment Coach [Jen Pastiloff](#)

NYT-Acclaimed Playwright [Domenica Feraud](#)

Border Grill Founder & Food Network Star [Susan Feniger](#)

Audience Testimonials (Los Angeles & Santa Fe shows)

Phenomenal. Amazing. Courageous. Breathtaking. Everyone needs to see this show.

-[Barbara Straus Lodge](#)- writer/essayist, founder of Above the Noise Foundation

You did a perfect job of telling your story while making it relatable. Your performance was raw, honest, super kinetic, spare.

-[Holly Rothschild](#)- Dancer, choreographer, Artistic Director- *String Theory Productions*

Lilly Bright is a compelling physical presence and a raw, vulnerable storyteller. I encourage all my local theater and writer friends to head out to Highways in Santa Monica to see this show!

-[Sheila James](#)- lawyer, writer, solo performer

You are a gifted human being. I was completely enthralled the entire performance.

-[Kimberly Boone](#), architect, writer

Absolutely BLOWN AWAY by this show! Lilly Bright is a force! Truly, deeply, profoundly moving performance with every cell in her being engaged. I was, quite literally, on the edge of my seat, and my heart, the entire show.

-[Jennifer Tracy](#)- MILF Podcast founder, writing coach

Amazing show!!!! If you are reading this and haven't seen it, GO SEE IT!

-[Keida Mascaro](#)- film producer, director

Powerful, raw, honest, vulnerable, tender, heartfelt and funny!

-[Veronica Jo Klein](#)- real estate agent

Raw. Heartbreaking. Real. Humanizing. Healing. Impactful. Vulnerable. Important. Hopeful.

-[Tina Luferuby](#)- Health + trauma coach

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I am blown away by @lillybright76 in her performance this evening @highwaysps. I knew that this would be a heavy topic, but was curious since I had my own struggles as a teen with an eating disorder. Watching her perform was mesmerizing to see. She played several characters, and was so fluid in her transition with each one. I was so taken by her story, and her expressions and body language. She draws you in. There were moments when she would be looking at me and I wondered if she could feel and see my reactions, and she did. @mynakedinalaska did an amazing job at directing. They make a wonderful team because of their experiences.

-TinTin Belgian- Blogger, Influencer

Fabulous show! Loved everything about it! The narrative, the acting and the simplicity of the set allowed the complexity of the script to really be appreciated.

-Yosh Han, world-renowned perfumist & clairvoyant

Heart-wrenching in the most honest and vulnerable way.

-Bea- Somatic Practitioner, Los Angeles

Be prepared for an incredible story about hope, transformation, and love.

-Debrianna Mansini, award-winning actress and writer- "Breaking Bad", "Better Call Saul", "Crazy Heart"

I'm a literary agent, so I see hundreds of books a year and I'm always impressed with what is good writing and Lilly's performance was a body of work that showed great writing and history of raw truth which is really hard to get on the page much less act on a stage. I'm also on the board of La Jolla Playhouse for 19 years and I've seen so many one woman shows, and this is the best I've ever seen from the sense of choreography, stage movement, passion. The story is profound and moving. I would definitely see this show many times.

-Margret McBride, literary agent & La Jolla Playhouse board member

What struck me the most was Lilly's ability to really be vulnerable and tell her individual story without taking herself out of the context of her family, so I think when we stay in love and we stay connected even in a family when there's been a lot of pain, which is the case for so many people, then I think that's courageous, that's where healing really happens.

-Camille Adair, R.N., educator, speaker, documentary filmmaker

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