

The following is an excerpt from that interview. For the full conversation, check out the new issue of SciFi Now magazine, which is also currently available for downloading on the iPad. ED GROSS: The roles of Theseus and Superman have required you to transform physically, and I wonder what the transformative result of that is on you emotionally or psychologically when you walk on a set. HENRY CAVILL: That's a very good question.... The mindset when you change your body physically, and your ability physically, there's more of a self-belief. There is more of a security in yourself. It's quite a unique feeling when you have a moment and you're rested, and you're not exhausted and everything else, you think, "I can do this stuff; I'm probably in the top 10 of physically fit people in this room," and that's a very good feeling. Of course, someone like me I always keep

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