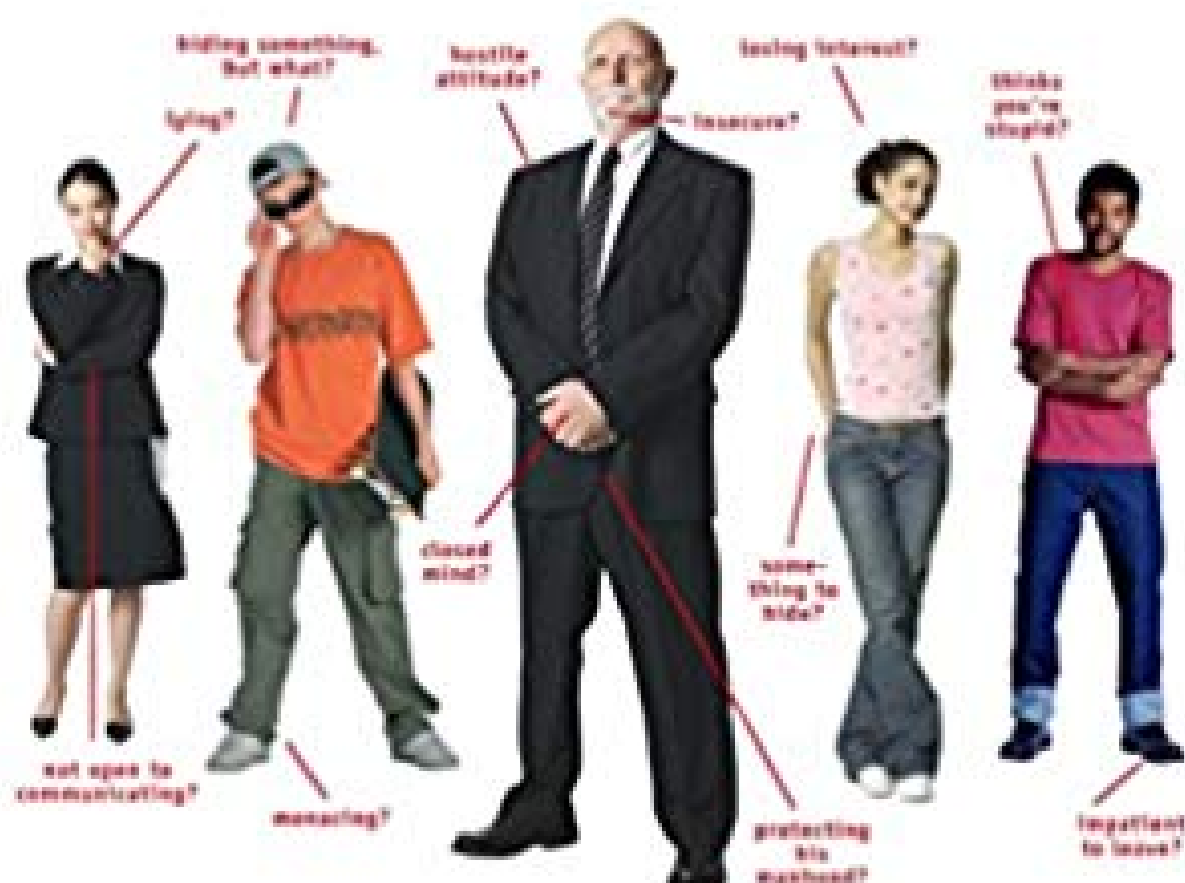


THE HIDDEN MEANING BEHIND PEOPLE'S GESTURES AND EXPRESSIONS

THE DEFINITIVE BOOK OF BODY LANGUAGE

THE INTERNATIONAL BESTSELLER!



ALLAN AND BARBARA PEASE

AUTHORS OF *WHY MEN DON'T LISTEN AND WOMEN CAN'T READ MAPS*

A revised and expanded edition of Signals

Barbara Pease and

The Definitive Book of Body Language: The Hidden Meaning Behind People's Gestures and Expressions



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Available for the 1st time in the usa, this worldwide bestseller reveals the secrets of non-verbal communication to provide you with confidence and control in virtually any face-to-face encounter— The magic of smiles— It is a scientific truth that people's gestures hand out their true intentions. The secret signals of cigarettes, glasses, and makeup •t understand how to read body language— and don't realize how our very own physical movements speak to others. The most common male and female courtship gestures and signals • How to use nonverbal cues and signals to communicate better and get the reactions you want Filled with amazing insights, humorous observations, and simple strategies that you could apply to any situation, this intriguing book will enrich your communication with and understanding of others— How palms and handshakes are accustomed to gain control • The most typical gestures of liars • Drawing upon a lot more than thirty years in the field, along with cutting-edge analysis from evolutionary biology, psychology, and medical systems that demonstrate what goes on in the mind, the authors examine each component of body language and present you the basic vocabulary to read attitudes and feelings through behavior. Discover: • How the legs reveal what your brain wants to perform • Right now the world' Yet the majority of us don't from making a great first impression and acing employment interview to finding the right partner.including smiling advice for females •s foremost experts about them share their approaches for reading body gestures signals to have success in every area of life.and also yourself.



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Fascinating and Insightful Shortly after learning I've Aspergers, I realized my social skills needed work, so I began reading this and similar books. You can read, but I found myself taking ample period with each page due to how significant every section is. Even the passages on hands, that I never thought of as too socially important, proved if you ask me how important handshakes and explanatory gestures could be in interpersonal communication. Does this author possess a political agenda? I teach communication programs which book is always among the books I put on the recommended reading list. I think this book is more useful for reading people in cultural or personal situations because it is much simpler to accurately browse someone's body language in a purer/ more natural condition. After studying this publication you'll be able to read people better no doubt. Of course it requires some practice to essentially master the methods you find out in this book, and you will be a little bit overwhelmed and puzzled at first. highly recommended! For instance, in a business meeting a colleague may rub their chin. it gets better as time passes however. It has been over four years since the first time I read this publication and I still haven't memorized all the techniques but I understand many of them by center now. This layout also follows the let you know, let you know again and let you know what they told you approach so you can actually go through it in public and watch for the behaviors when you are reading. With this book you can connect better with people; communicate better, and get over the nonverbal information you really want to convey in a variety of situations, from giving speeches or presentations to being in a job interview. It is probably the most comprehensive books on body language that I've ever read.. Excellent Book - REALLY WORTH Reading I've praised this book to my learners and anyone thinking about body gestures from the first instant that I go through it. Lot's of VERY valuable information in this book; I love that it talks both about body language that is similar across cultures along with body language, particularly, gestures, that are or could be different from one culture to another. There are numerous pictures/photographs used throughout this book depicting universal body language signals. This book also offers a fascinating section on seating arrangements/office set-ups, the signals these arrangements can send and then gives specifics on how best to arrange seating based on the kind of meeting one wishes to carry. Best book in body gestures out there The best book on body language available. This is only a tool and really should be clearly referred to as such. Book is Okay but annoyingly biased. In an attempt to add a lot more than nodding, smiling, frowning, etc. I'm about half-way through this book (I read resource books like this a few webpages a day over an interval of months) and it is exactly what I needed. I'm a writer. This is a book created for salesmen, with the aim of teaching them how exactly to read people and how exactly to present themselves to be able to close a sale. Good book Subject is great It is not a textbook, thus if you are looking for the most recent in scientific analysis, this book isn't it. There is not a whole lot I would change concerning this book except the claims are very much greater than anyone may possibly make. I contemplate it an excellent addition to my reference shelf. In personal settings it really is spot on and may sometimes be very entertaining. It generally does not go into all sorts of common body gesture, but definitely plenty of to keep you busy for a while. Immediately after I started scanning this book I began to spot the behaviors in myself and my colleagues. I've read this reserve 3 x and always pick up new insights each time.. The publication would say that may indicate somebody who is considering/contemplating and secondary gestures ought to be watched to indicate what their decision could be. In a business meeting that same gesture could be a cover up for day time dreaming, an attempt to please their boss or simply trying to stay awake. When I make assumptions based on the book in business settings I have already been wrong because so many factors could lead to the emotion that's

creating the language and most which have nothing to do with me or the existing interaction. Useful for personal and business situations Overall: This reserve was exactly what I was looking for. The chapter talking about women and what their facial expressions indicate is certainly priceless and males should read it just so they understand when to chance course in their behavior or discussion. On a sociable front I tested out some of the attractive and open female gestures in courting or also talking with men and they certainly do work. For instance showing the inner wrist is supposed to be always a indication of openness and femininity so when I casually got that part facing I was treated very much differently. Layout: The material is interesting, but the illustrations and basic descriptions help to make the lessons learned in this publication easy to remember. I don't believe that consistently saying former democratic presidents are layers is essential. The author also has a feeling of humor and the right about of space and breaks in the written text with humor, photos and examples to maintain it from getting as well dry. What makes it less difficult is if you're actually interested in body language and discover yourself practicing the methods learned in this publication. The tone is certainly light, not bogged down in academic-design prose, and has recently given me many insights and versions for personality behavior. Sure it can benefit you read someone's accurate feelings, attract people easier and tell when someone is lying, but it is not a surefire method and cannot cause you to successful in all types of interpersonal circumstances on its own. If you want an excellent resource book on body language then this reserve is well-worth reading. That is a must have for anyone interested in social psychology, and loaded with info for anyone with social awkwardness. In addition they make connections to the pet kingdom or how the gesture progressed from a functional action when feasible which helps me remember and feel more involved with the materials. I don't know what grudges the author provides toward Democrats, but it's apparent that he offers some unresolved issues. Good Resource for Writers Whether a reader considers this a five-star book or a one-star book depends largely on what your particular needs are. It's ok Not nearly as much information mainly because I anticipated. Good read Very detailed recommend recommend Four Stars None Understand more about your poker buddies Ever wonder what it means when someone crosses their arms when questions are pressed? First timer to experienced Great read. Good beginner book for non experts. Very well created and understandable. to my fiction, I needed a reserve that described more delicate expressions and gestures.



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