



## The Definitive Book of Body Language

Barbara Pease, Allan Pease

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Available for the first time in the United States, this international bestseller reveals the secrets of nonverbal communication to give you confidence and control in any face-to-face encounter—from making a great first impression and acing a job interview to finding the right partner.

It is a scientific fact that people's gestures give away their true intentions. Yet most of us don't know how to read body language—and don't realize how our own physical movements speak to others. Now the world's foremost experts on the subject share their techniques for reading body language signals to achieve success in every area of life.

Drawing upon more than thirty years in the field, as well as cutting-edge research from evolutionary biology, psychology, and medical technologies that demonstrate what happens in the brain, the authors examine each component of body language and give you the basic vocabulary to read attitudes and emotions through behavior.

#### Discover:

- How palms and handshakes are used to gain control
- The most common gestures of liars
- How the legs reveal what the mind wants to do
- The most common male and female courtship gestures and signals
- The secret signals of cigarettes, glasses, and makeup
- The magic of smiles-including smiling advice for women
- How to use nonverbal cues and signals to communicate more effectively and get the reactions you want

Filled with fascinating insights, humorous observations, and simple strategies that you can apply to any situation, this intriguing book will enrich your communication with and understanding of others—as well as yourself.



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A lot of people always spent their very own free time to vacation or go to the outside with them family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity here is look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book The Definitive Book of Body Language it doesn't matter what good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. When you did not have enough space to deliver this book you can buy the e-book. You can m0ore easily to read this book from the smart phone. The price is not very costly but this book features high quality.

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