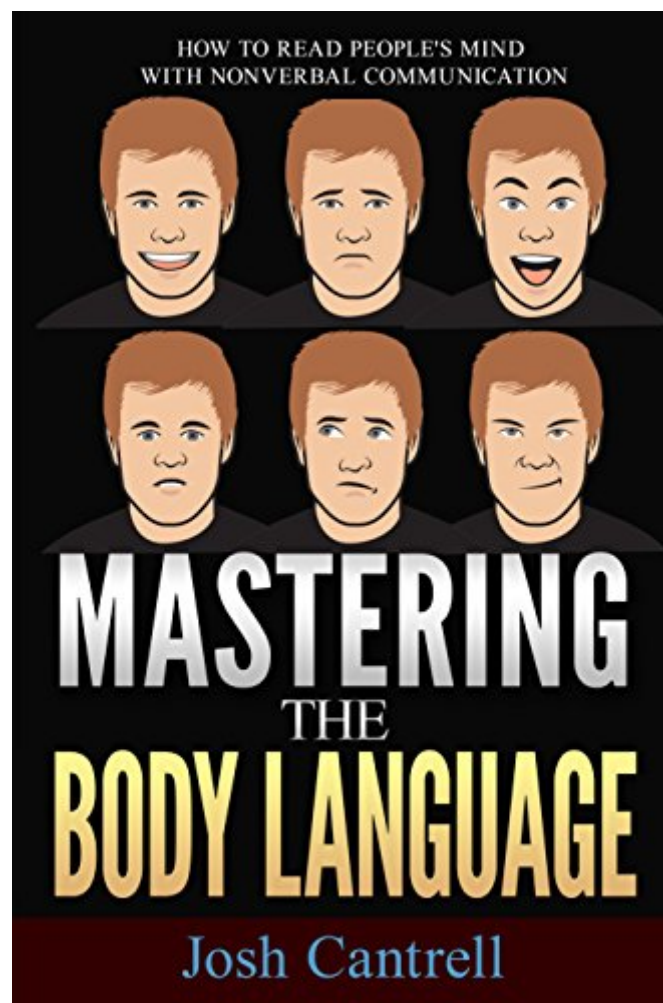


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# Mastering The Body Language: How To Read People's Mind With Nonverbal Communication



## Synopsis

Would You Like to Be Able to Read People's Minds? This question may sound like science fiction, or, perhaps, just fantasy, but something very close to mind-reading is actually possible, by learning to understand the body language. That is exactly what "Mastering the Body Language" by Josh Cantrell is offering you. In this comprehensive guide to body language, the author covers everything from gestures and postures to personal and physical space. Special consideration is given to the facial, eye, and mouth expressions, positions, and movements, and all the emotions expressed through them. "Mastering the Body Language" also explains, in a simple way, what are the benefits of understanding the body language. Even if it's not literally like telepathy in the science fiction books, it does help you to not only understand how someone feels and what they truly mean, but also to learn how other people might perceive your own non-verbal signals. As a result, you will learn how to understand people better, as well as become more aware of your own hidden thoughts and feelings. Understanding the body language comes easy to some, while others can't figure it out. Whether you're in the first or in the second group, with this book, you will not only learn how to understand non-verbal signals, you will master them. You will learn the body language essentials including the following topics: Body Language and Nonverbal Communication, Body Language and Evolution, Facial Expressions, Eye Expressions, Mouth and Lip Expressions, Communicating with Gestures, Communicating with Arms and Legs, Postures, Personal Space.

## Book Information

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## Customer Reviews

I've always been very interested in human psychology and body language. I already knew some of the basics, but this book covered all of that and much more. I especially appreciated the author's observations about differing body language between cultures. As a young professional, this book has given me a lot to think about as I communicate with others. Not only will I try to understand others better, but I'll try to be careful about the non-verbal signs I communicate. I can't recommend this book enough to anyone interested in or curious about body language!

I found this book very interesting. It's packed with applicable and useful information although it lacks some scientific verification. Illustrations are helpful too.

This book includes useful information with no added marketing to distract you from the main information inside. This is a no-fluff guide to reading people's body language cues and predicting their thought patterns. The chapter on learning to read all the different types of facial expression cues was the most useful chapter to me personally; it has helped me take a good look at how people react to what I tell them or even what they truly think of me. This has helped me view people in a differently light, and I have found who my friends truly are. It has even helped my dating life! Knowing non-verbal responses and body language cues is awesome in a dating situation, it can be a life-saver in conversation.

Body language is one of the most effective ways to communicate our feelings or points nonverbally. I learned a lot from this book on how to analyze people's body language. Especially, understanding facial expressions easily improved my ability to evaluating others' feeling. Not only that, I also learned how to use body language myself more effectively. This book is a good read and easy to understand.

Understanding body language enhances our relationships and many aspects of communication. This book helped me understand different meanings of body language using various various body

parts. It's a useful book.

Being a manager, I have been interested in reading body languages of coworkers and clients. This book helped me a lot in understanding and analyzing their body language. It really works.

Great book on the basics of body language. You can also learn how to use the body language to your advantage. Although it does not provide detailed scientific background information, generally it makes sense. All in all, I am happy that it is a good value for the price.

Very basic bodylanguage book. Excellent for beginners or those who just want to know the VERY basics of bodylanguage, but this book doesnt go much in depth and I wouldnt recommend it to those who seek a more detailed bodylanguage book or generally are familiar with bodylanguage.

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