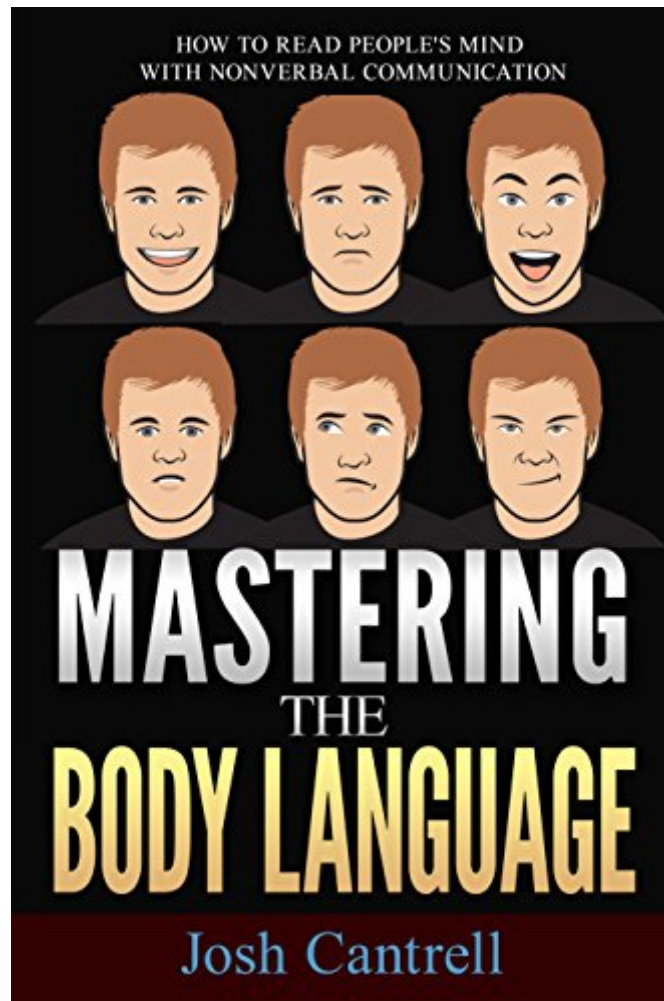


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# Mastering The Body Language: How To Read People's Mind With Nonverbal Communication



## 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.

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## Customer Reviews

I always saw in movies and from the media how people can learn body language to find out what other people are up to but never really got around to learning the details about it myself. Well this book caught my eye, and as I read it, I found out that it really isnâ™t all that hard to study other peopleâ™s body language to see what they are truly up to. It was exciting to learn all these things and I found myself becoming more acquainted with various facts and informations related to the field. A great and fun guide, thumbs up.

Body language has a lot to with how people perceive us men as well as it impacts our confidence and personality in the process. It is but right to master our body language skills as often as we can. This book can serve as a guide for mastering body language. This book is a short and quick read, but it is packed with information regarding body language. It also talks how to develop the mindset your body language skills.

I am obsessed with the show Lie To Me, it gave me an interest in body language and trying to read people. I know the show is fiction, but I believed a lot of what I saw in the show, and I have been googling and reading books on it ever since. I found this book to be a great source of information about everything you could ever want to know about body language. Some of the stuff was common sense, like clenched fists for anger, but a lot of it was totally new to me. This book covered everything from what it means when you blink in different ways, to your other facial expressions, lips, and eyes, and even how things differ depending on different cultures. It had never occurred to me before to consider that body language would be different in different culture's, though now it has been brought to my attention it makes a lot of sense. I was also unaware of the importance of hand language in different countries, and how even a thumbs up can be offensive depending on where you are. This book also covered personal space, and body language using your arms and legs. Mastering The Body Language was a really neat read, if you are at all into this stuff then I highly recommend this book, it is a wealth of knowledge.

This book has greatly helped me learn all kinds of nonverbal cues that have always slipped past me in the past. For example, I did not really know how many different ways there are to smile, and what

the different versions of the smile mean. And even though I know there are many ways that men and women communicate differently, this book really helped me figure out the different ways of communication between me and my husband and it has helped our relationship. The claim that you can "read minds" from learning the nonverbal cues of someone was not just marketing, you honestly can accurately predict someone's behavior or thought patterns just from watching their nonverbal actions. This book has helped me read communication better and I recommend it to everybody, no matter what you do with your life.

I honestly did not know that there were so many ways to communicate with your body. I mean I knew about body language cues, but I did not realize how important arm placement and what you do with your mouth is. This book has caused me to notice so many new things about how other people respond to me that I had no idea about before. The part about how much meaning gestures can have has been invaluable to me, as that was just something I had no idea about. This book is easy to read and will definitely help you get a great handle on what other people really mean when they say something. It's like there's a whole second conversation going on, the one that is spoken and the body language conversation. I recommend this book to anyone who wants to be bilingual in spoken and body language. It will help you.

Understanding body language enhances our relationships and many aspects of communication. This book helped me understand different meanings of body language using various body parts. It's a useful book.

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!

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.

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