



**Body Language: Body Language for beginners -
Read Body Language, Detect Deceit and Deception
(2nd EDITION UPDATED AND EXPANDED)
(Body Language 101 - Body Language for
Beginners - Body language tips)**

Aidin Safavi

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This book will help you better understand Body Language. It has been written as a general overview outlining the main things you need to know about this subject. It's a short read and a great start for people who know little about the subject.

But why should learn about it? Because Body Language is a huge part of our everyday lives; we instinctively read others body language without even knowing it. Only 7% of the words we use are important in the way we communicate, 55% is the body language we use. So what exactly is it? It is a group of movements that our body uses to communicate with others.

Body language comes from the unconscious part of us – unless we are actually thinking about how we move our body, for most of us it does it all automatically. So therefore we sometimes give mixed messages where our words say one thing and our body says another. Because so much of a person's body language is reflexive and because non verbal cues can contradict what a person is actually saying, learning how to read such cues (and also how to control our own body language) gives a person a superior edge in:

- Portraying confidence and commanding respect
- Putting people at ease
- Creating a sense of trust
- Persuading, selling, and influencing other people
- And Detecting truth or lies

This short book will help you discover the fascinating world of Body Language!

Once you download this book, you will learn...

- Chapter 1: Accuracy of Body Language
- Chapter 2: Establishing a Baseline
- Chapter 3: Facial Expressions
- Chapter 4: Eye and Hand Movements
- Chapter 5: Voice and Body
- Much, much more!

Read what other people have to say

"By understanding the body language and nonverbal communication, you will be able to know when people are lying and how they are feeling, thinking and interpreting the other's message.

It is very important for us to know this elements to understand the feelings of other people and to more sensitive on how they feel. I took a lot of useful knowledge, tips and tricks from this book. I always find body language interesting---i like to apply body language in daily life and the different gestures that have a different meaning depending where you are from."

- Dana Collins -

"A very interesting and informative book. Learned a great deal in just a short time. I would recommend this to others."

- Brandy Roy -

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