

## Body Language: Mastering Body Language and Nonverbal Communications: (Read People, Body Language, How to Analyze People, People Skills, Human Psychology)

By Martin Lewis



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How much notice do you take of other people's body language?

Next time, do you want to have the advantage of knowing what they are saying, without them actually saying it?

**Body Language: Mastering Nonverbal Communications** gives you the answer!

**In this 2nd edition this book goes deeper into strategies on how to master body language!**

There's one way to master Body Language and that's through exercise and practice!

**After every chapter, multiple exercises have been introduced for you to take your learning to the next level..**

Some researches have proved that body language transmits the majority of information in interpersonal interactions. It regulates interaction and establishes relationships. However, body language is also ambiguous. As such, it is important that a person reads body language correctly to avoid misunderstandings.

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- Myths Of Body Language
- **How To Know If A Person Is Attracted To Another Person**
- Dealing With A Controlling Boss
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The content of this book is more than just useful. It will teach you how to "read people's mind", to make sense of every single verbal or nonverbal gesture and it will help you minimize the amount of wrong (first) impressions you could come up with on a regular basis. Mastering the ability of understanding body language could turn your life upside down, in a good way, of course. You will find it much easier to connect with other people, whether professionally or privately, since you will be more confident now that you know how to make sense of every gesture, every little tick that you couldn't even notice until you got yourself familiar with the basics of body language. I would highly recommend it to everyone.

(5 out of 5 Stars)

By Vanessa Anderson on March 12, 2016:

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Lewis

is basically about mastering the art and science of body language. It speaks of just how powerful it is when harnessed and utilized for the right reasons. Very good read indeed and everything written about Body Language is on spot.

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The book addresses body language as a vital component of communication. Body language is a important in communication, whether in business or in a relation matter and usually our words are either perceived or ignored by the audience depending on the actions or the signs of the body movements flashed out by the speaker. However some time s it may change depending on the culture, gender or the place of origin.

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
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