



Body Language For Dummies

By Elizabeth Kuhnke

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The complete guide to mastering the art of effective body language

Body Language For Dummies is your ideal guide to understanding other people, and helping them understand you. Body language is a critical component of good communication, and often conveys a bigger message than the words you say. This book teaches you how to interpret what people *really* mean by observing their posture, gestures, eye movements, and more, and holds up a mirror to give you a clear idea of how you're being interpreted yourself. This updated third edition includes new coverage of virtual meetings, multicultural outsourcing environments, devices, and boardroom behaviours for women, as well as insight into Harvard professor Amy Cuddy's research into how body language affects testosterone and cortisol, as published in the Harvard Business Review..

Body language is a fascinating topic that reveals how the human mind works. Image and presentation are crucial to successful communication, both in business and in your personal life. This book is your guide to decoding body language, and adjusting your own habits to improve your interactions with others.

- Become a better communicator without saying a word
- Make a better first (and second, and third...) impression
- Learn what other people's signals really mean
- Transform your personal and professional relationships

Realising what kind of impression you give is a valuable thing, and learning how to make a more positive impact is an incredibly useful skill. Whether you want to improve your prospects in job seeking, dating, or climbing the corporate ladder, *Body Language For Dummies* helps you translate the unspoken and get your message across.

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Editorial Review

From the Back Cover

Learn to:

- Understand what your body language is communicating to others
- Make sense of body language in multicultural environments
- Interpret body language in virtual meetings
- Improve your non-verbal communication skills

Say what you mean— without speaking a word

Actions really do speak louder than words, but if you don't understand them, their meaning can get lost in the wind...or, worse, misinterpreted. If you find yourself puzzled by other people—or want to improve the impression you give—this friendly guide makes it easy to comprehend what people really mean, even if they say nothing at all.

- **Meet the silent communicator** — discover the origins of body language, how it evolved and the impact it has on all your communications and relationships
- **Gestures ahead** — find out how the tilt of your head, the lift of your brow and the tremble of your lip reveal more than the words that tumble from your mouth
- **Ponder on posture** — explore the impact of your posture on your thinking, attitude and perceptions — and how the body's limbs reflect inner states and create impressions
- **The power of positions** — learn to read signs of interest and dismissal, engage with a possible romantic partner and demonstrate confidence and positivity in the workplace
- **Cross the cultural divide** — get a glimpse of behaviours that are different from your own and pick up strategies for avoiding potential pitfalls

Open the book and find:

- How to interpret non-verbal gestures
- The nuts and bolts of body language
- What your posture says about you
- Ways to use body language in courting behavior
- How to read body language to spot deception
- What eye movements, facial expressions and other gestures tell you about someone
- The best ways to connect through body language
- Tips for improving your silent communication

About the Author

Elizabeth Kuhnke founded Kuhnke Communication, a team of experts that specializes in interpersonal communication for both groups and individuals. Elizabeth runs workshops, training courses and coaching programmes, and speaks regularly at business events and international conferences.

Users Review

From reader reviews:

Kevin Shepherd:

A lot of people always spent their own free time to vacation or perhaps go to the outside with their family members or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that is look different you can read the book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day every day to reading a guide. The book Body Language For Dummies it is extremely good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too costly but this book provides high quality.

Richard Vedder:

Reading can called brain hangout, why? Because if you find yourself reading a book specifically book entitled Body Language For Dummies your thoughts will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely might be your mind friends. Imaging every word written in a publication then become one contact form conclusion and explanation that will maybe you never get ahead of. The Body Language For Dummies giving you a different experience more than blown away your thoughts but also giving you useful data for your better life in this particular era. So now let us demonstrate the relaxing pattern here is your body and mind will probably be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

Debra Brunette:

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