



# **Body Language: A Beginner's Guide to Better Understand Body Gestures and Eye Signals (body language, body language secrets, body language attraction)**

*Jose Jenkins*

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We use body language continuously to communicate with the people around us. The importance of body language cannot be overstated. **Over 90% of communication is non-verbal.** But this does not necessarily mean that everybody is good at communicating without words. Indeed, it would seem that there is actually a huge disparity between those who are gifted communicators and those who struggle to communicate effectively.

Those who are lucky and have an intuitive grasp of the skills and subtleties of body language have been shown to be likely to be successful in their work and personal lives. But everyone else need not despair. The secrets of body language can be **studied, learned, copied and mastered, opening the pathway to success.**

## This book is a guide to that process. It will help you:

- Understand the importance of body language
- Become aware of the sub-conscious communication of our bodies
- See into the subliminal world of gesture and expression
- Recognize the signs that reveal our innermost thoughts and feelings
- Decode the signals our bodies instinctively send out
- Understand the clever techniques employed by powerful politicians to control the way we feel about them
- Understand the micro expressions that signal momentary emotions
- Appreciate the significance of our eyes in successful communication

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