



Body Language: What You Need To Know

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What others say is not always what they think or feel. But, people's gestures do give away their true intentions, and, for those who know how to read it, the body speaks volumes. This book is a tool to help you interpret other people's signals correctly, and how to understand what is really being said. It focuses on personal relationships.

Body Language: What You Need To Know Details

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From Reader Review Body Language: What You Need To Know for online ebook

RAD says

Great book! Hints to a lot of other resources for communication. Don't take everything literally but with a grain of salt.

Craig says

Met my expectations in that the book offered practical advice regarding body language, how to engage it more effectively, and basically be more aware. My "buy in" for this was to present myself better. Points raised here also will also help me to read the language of others better.

Rating 3-out-of-5 stars given comments by other reviewers that found the points here to be "common sense."

Incidentally, I was reading Barbara McAfee's "Full Voice: The Art And Practice of Vocal Presence" concurrently with this book. This pairing actually has been cognitively very satisfying for the awareness I was seeking.

Zakaria Bziker says

Very informative. We communicate to an unimaginable degree with our body language.

Dave says

Great no-nonsense breakdown of body language and observation. I came away with a better understanding of nonverbal communication, how to read others, and how you use it to your advantage. Reads like a technical manual, lacks entertainment and spark, and is short on examples. Makes for a faster read. Overall, I enjoyed the book.

Mazen Alloujami says

Interesting book. It teaches a lot of useful things.

Indriði Indriðason says

Var ágæt , fín byrjunarbók á body language

Gareth Otton says

This book tackles the issue of body language but at no point did I feel as though anything I was reading was conclusive.

If anything at the end of reading this book I am firmly under the impression that by and large body language and those who claim to be experts in it have about as much credibility as psychics, mediums and all the other time wasters out there.

Lets start with the basics, the fundamentals and the absolutes. Yes, there actually were a few of these in there but you are not going to be surprised to hear them. It literally goes to the point of telling you that if someone is happy then they are smiling and if they are sad then they will not be smiling. At points it even delves into the idea that sometimes when people smile it will not be genuine and apparently when they smile a forced smile it is obvious because they use a different set of muscles.

Well... duh! Thank you captain obvious!

To be honest I can't be bothered to tackle any of the subjective messages that were brought up in this book. The only issues they will state as certainties are ones such as the smile which every human being (and most animals) can recognise for themselves anyway. Other things are just people with too much time on their hands reading messages in body language that probably doesn't mean anything at all.

Some of the rubbish you will learn about in this book include:

- People who lie often look down and to the left (rubbish)
- People who lie often flutter their eyelids (my eyelids sometimes twitch when I'm tired or if I have just rubbed at them for some reason, does this mean I am lying?)
- People who lie will cover their nose less the nose become red with excess blood (oh my god this is bull s***t - excuse my language)

If your looking for a book that patronises you with knowledge that you have known from the moment you were born, preaches subjective musings as though they were gospel and then contradicts itself continually throughout its many pages then this book is for you. For everyone else, I suggest that you give this a miss.

Tauras says

A basic book about body language.

Liked it, because it reminded about some things that have been forgotten.

Kayla says

I listened to the audiobook. This is a good book to make yourself aware of and improve your own body language.

Ashutosh says

Ok!

Hamza says

I listened to that book as an audio-book.
It hasn't given me many informations, because it was short and lacked illustrations.
I think the Allan Pease book about body language will remain the best book for that topic.

Soheil says

Very shallow and not particularly well organized book. If you want a skim at body language it may be helpful but you won't learn much unless you have a good memory.

Tolu Atkinson says

The Body Language book was informational to the point of breaking down, cultural view points, understand the medium, subdual ques and revealing to spot someone actions over their words.

Mario Streger says

There are some useful tips in this book, and some practical exercises to help making you see how aware you are of your own body language. But some information is also outdated or not applicable everywhere, but mainly in the UK.

Diana says

Slightly informative, but otherwise nothing spectacular.
