



# **Body Language: The Ultimate Guide to Mastering Body Language and Nonverbal Communication to Connect, Win and Influence People (How to Read People's Mind, Body Language Secrets, Willpower)**

James Clark

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## **Body Language**

### **The Ultimate Guide to Mastering Body Language and Nonverbal Communication to Connect, Win and Influence People**

Body language, also known as non-verbal communication, is how we express ourselves through gestures, expressions, posture, tone, eye contact, pace of speech and so much more. If you have ever heard the expression “actions speak louder than words” you have heard a universal truth. The actions our body takes without our even thinking about it are very telling indeed and this is precisely why we need to understand what it is and how we can use it to our benefit. The information in this book can give you insight into what effective communication is and how to be an active participant in it. What this book CAN do...

Understanding how to read and give non-verbal cues is an important part of communication. We do it automatically without even knowing that we are so understanding is the key word. Still, if you want to master body language in order to manipulate others, you will likely be unsuccessful in the least, and mistrusted in the end. This book will highlight the benefits of giving, receiving, and perceiving non-verbal cues in personal, business, and casual situations. This book can offer you practical insight into non-verbal cues and what they can mean. The information in this book can help you to understand how your own body language affects others and your own psyche and decide if you are sending the message you want to send.

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