



# Body Language For Dummies

By Elizabeth Kuhnke

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## Body Language For Dummies By Elizabeth Kuhnke

### 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:**

#### **Inge Reader:**

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite guide and reading a guide. Beside you can solve your problem; you can add your knowledge by the publication entitled Body Language For Dummies. Try to make the book Body Language For Dummies as your close friend. It means that it can to become your friend when you feel alone and beside that course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know everything by the book. So , let me make new experience and knowledge with this book.

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What do you think of book? It is just for students because they are still students or it for all people in the world, the actual best subject for that? Just simply you can be answered for that concern above. Every person has several personality and hobby for each and every other. Don't to be compelled someone or something that they don't need do that. You must know how great and also important the book Body Language For Dummies. All type of book are you able to see on many resources. You can look for the internet solutions or other social media.

#### **Marlyn Melia:**

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#### **Walter Pyle:**

That book can make you to feel relax. This book Body Language For Dummies was vibrant and of course has pictures on there. As we know that book Body Language For Dummies has many kinds or style. Start from kids until teens. For example Naruto or Investigator Conan you can read and feel that you are the character on there. So , not at all of book are usually make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading that will.

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