



# **Body Language Box Set: The Ultimate Guide to Learn the Secrets of Non-Verbal Communication and to Know When People Are Lying plus Learn to Read The Hidden ... Language for Dummies, body language 101)**

*By Brian Scott, Kristina Foster, Nina Kelly*

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## **BOOK #1: Body Language 101: Body Language NOW. The Ultimate Guide to Learn the Secrets of Non-Verbal Communication**

Knowledge of body language, how to read it in others and how others read your own, can serve you well in both your professional and personal life. As an employee, can you accurately read the unspoken cues your manager is sending? As an employer or manager, can you accurately read the non-verbal communication your subordinates are relating to you? If you are in the dating pool, can you tell if someone is actually interested or just being polite?

Do you know whether approaching someone is acceptable or going to result in you being labeled as some creepy stalker-type? Do you know how your significant other really feels about something? If you are even the least bit unsure the answer to any of these questions is yes, or even if you just want to be sure you're getting things right, this book is for you.

### **Body Language 101 covers the following topics and more:**

- The history of interpreting body language
- Is body language learned, or is it something we're born with?

- Body language cues and what they mean
- Cultural differences in body language interpretation
- How body language affects business and personal relationships

## **BOOK #2: Body Language for Dummies: Learn to Read The Hidden Communication In Every Day Situations**

Looking at other people, we often find ourselves puzzled and confused, not being able to always communicate with complete understanding, even though we use words to communicate. As all creatures, humans also have their own way of communication, using their bodies as well as words, to be able to communicate more effectively, showing their attitude and emotions.

This guide is made to aid you in mastering body language through simple tips, notes and explanation, so you could be able to read body language in less than a week, based solely on thorough observation and little help divided in five detailed chapters. You will find useful information to help you learn read faces, tell if someone is lying and recognize someone's attitude based on the head position, body motion and arm and leg postures. You will find out everything there is to know about successfully interpreting body language signs.

### **Here is what you will learn after reading this book:**

- Emotions linked to body language
- How to read eyes in body language
- How to read body motion in body language
- How to read arm and leg postures
- How to read facial expressions and micro-facial expressions
- Learn how to combine everything you read into completely mastering body language

## **BOOK #3: Body Language: The Ultimate Body Language Guide to Knowing When People Are Lying and How They Are Feeling**

Are you getting a strange vibe from your significant other? Are you unable to

explain why you think you're in trouble at work? Do you feel like you're missing out on much of what people are saying to you, because something doesn't feel right?

### **Among the things readers will learn are:**

- What a person's posture suggests about their state of mind
- How to identify tells from gestures, motions and other body signals
- How to hear non-verbal speech patterns such as tone and pace
- Which eye movements suggest deception and which indicate thoughtfulness

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