

The Body Language Handbook: How To Read Everyone's Hidden Thoughts And Intentions

By Gregory Hartley

Ever wonder what that raised eyebrow, nervous twitch, or lazy slouch really means? Is it profound and important. . .or a meaningless quirk? In The Body Language Handbook, the authors use candid photos of real people in stress-free situations, then juxtapose them against others showing the same people responding to different kinds of stimulus to illustrate the power of body language. By going step-by-step from the holistic to the detailed, you'll quickly discover when body language indicates something significant, and when an itch is just an itch. You'll learn how to: - Identify the basic mechanics of human communication. - Observe what is culturally normal. . .and when "“abnormal” matters. - Read changes in body language. - Avoid misunderstandings. - Project the right message. - Protect yourself from manipulation. The Body Language Handbook will not only teach you how to read the body language of others, it will also make sure you send the signals you want to send. Increase your power of communication at the office, in a courtroom or classroom, at home, and in any social setting, even the poker table!

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About the Author

Gregory Hartley started his career with the U.S. Army, teaching interrogation and resistance to interrogation, as well as providing interrogation support to Special Forces in Operations Desert Shield and Desert Storm. He then translated that military experience to businesses and has provided body language and behavioral analysis for print, TV, and radio media. With Maryann Karinch, Hartley is the author of five other books about human behavior, deception and body language, including *How to Spot a Liar*, *I Can Read You Like a Book*, and *Get People to Do What You Want*.

Maryann Karinch is the author of 15 books, many of which address human behavior. Her corporate background includes senior communications positions with a variety of technology companies.

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