



Body Language: Essentials to Better Social Communications by Expressing Your Emotions Through Hidden Nonverbal Signs (Body Language, communication skills, how to read body language)

Iris Fletcher

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Whether we want to or not, every day, we interact with other people. Do you ever notice how some of them are just easier to communicate with than others? Everybody knows some person who they just always happen to agree with. What's their secret? What makes them so charming? It's all about body language. This book will teach you how to master your own social skills by learning to control your body language and appeal to people subconsciously using nonverbal communication!

Here is what you will learn after reading this book:

- Learn about how your gestures influence what people think of you
- How your posture can affect the message that you are trying to communicate.
- How to make yourself seem more honest when communicating.
- How to alter your body language when speaking in front of a group

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