



# Understanding Body Language

*Jane Lyle*

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## **Understanding Body Language** Jane Lyle

Provides an insight into the unconscious signals we send out - how our innermost thoughts can be revealed simply by posture, facial expression or giveaway gestures. This guide covers everything from stress signals, eye contact and smiling to different types of touch, physical appearance and choosing where to sit. The book also offers advice on how to choose a positive gesture to influence events in your favour.

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