



# **Body Language: Understand How to Read Body Language, Non-verbal Cues, Enhance your Communication and Improve your Social Skills!**

*Jason Rowney*

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**Body Language**

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Believe it or not, the majority of our communication is actually non-verbal.

This means that most of what we are saying is expressed through our movements, posture, expressions, and actions. This collective form of communication is known as body language.

This book will explain to you how body language works, and how to better understand what other people are saying with their body movements and expressions.

Through learning how body language works, you'll also discover how to better tailor your own body language. This book will show you how to change your body language to appear more confident, powerful, knowledgeable, and attractive.

With the help of this guide, you'll be well on your way to improving your body language, and increasing your communication skills!

## **Here Is What You'll Learn About...**

- Importance of Body Language
- Principles for Reading Body Language
- How to Translate Nonverbal Cues
- How to Improve your Body Language
- How to Improve Social Skills with Body Language
- Practical Applications of Body Language Reading
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