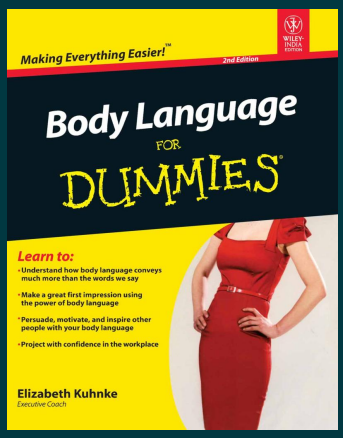
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Body Language for Dummies, 2ed

By Elizabeth Kuhnke

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Description

Actions really do speak louder than words. If you are puzzled by other people or want to improve the impression you give, having an insight into body language is key. In this book you'll discover how the body reveals what people really mean, and how you can use your body and your expressions to make a positive impact. It also explores why we give the signals we do, how to read the most common expressions and goes on to show how you can use body language to transform your personal and professional relationships.

About the Author

Elizabeth Kuhnke

Elizabeth Kuhnke is a communications coach and the Managing Director and Founder of Kuhnke Communications

Table of Contents

Introduction

Part I: In the Beginning Was the Gesture

· Defining Body Language

· Looking Closer at Non-verbal Gestures

Part II: Starting at the Top

· Heading to the Heart of the Matter

· Watching Facial Expressions

· The Eyes Have It

· Mastering Lip Reading

Part III: The Trunk: Limbs and Roots

· Taking It From the Torso

· Arming Yourself

· It's in the Palm of Your Hand

· Standing Your Ground

· Playing with Props

Part IV: Putting the Body into Social and Business Context

· Being Aware of Territorial Rights and Regulations

· Rating, Dating, and Mating: Using the Body in Courting Behaviour

· Interviewing, Influencing, and Playing Politics

· Crossing the Cultural Divide

· Reading the Signs

Part V: The Part of Tens 315

· Ten Ways to Spot Deception

· Ten Ways to Reveal Your Attractiveness

· Ten Ways to Find Out About Someone Without Asking

· Ten Ways to Improve Your Silent Communication

Index

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