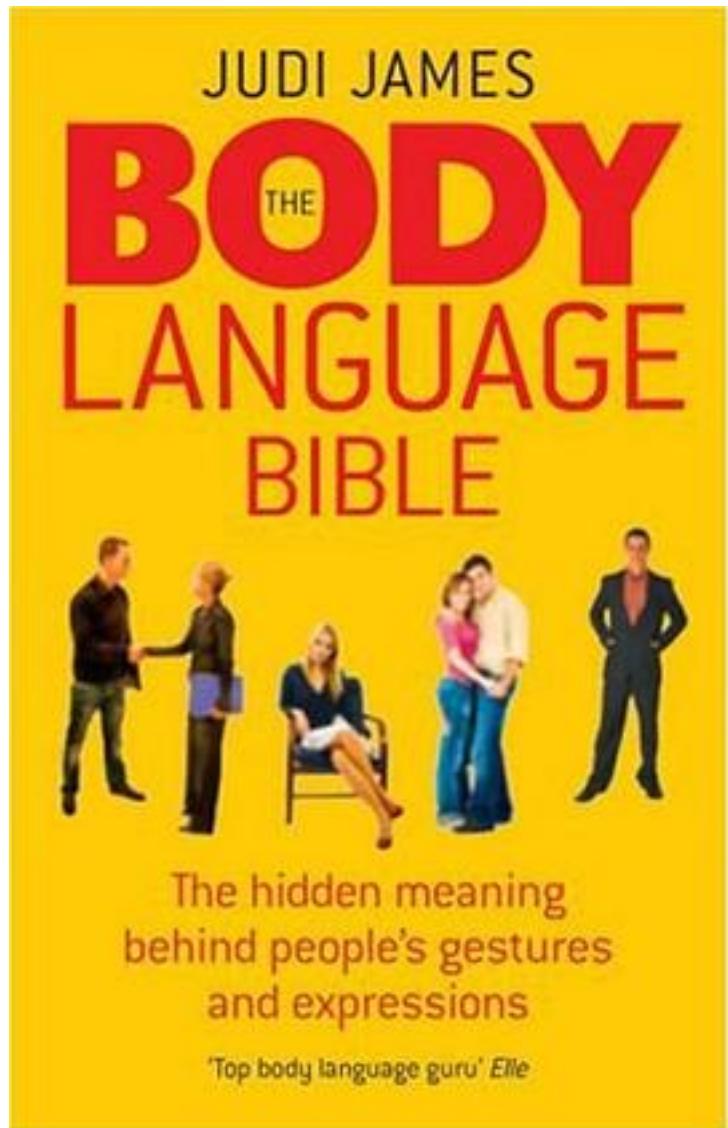


The Body Language Bible



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We live in an image-conscious society where looking the best tends to win over being the best. Human beings judge each other subconsciously in less than three seconds, based on body language alone. Filled with fascinating psychological insights, plus a whole raft of down-to-earth quick-fix tips, "The Body Language Bible" takes the reader through the minefield of self-marketing and image: how to read it and how to project it. In her inimitable straightforward style, Judi unravels the secrets to interpreting our movements and what we are really saying with our bodies, whether consciously or not. She teaches you what we mean with our movements, how to interpret them and then shows you how to get what you want, whether you're doing business, making friends or falling in love. "The Body Language Bible" is an intriguing read, providing a unique mix of body language and communication psychology (voice and the impact of words).

作者介绍:

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