



**Body Language: Don't Be Fooled by Their Words!  
Learn How to Understand and Interpret Body  
Language Signals (Body Language, Body  
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*Leroy Jackson*

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# Body Language: Don't Be Fooled by Their Words! Learn How to Understand and Interpret Body Language Signals (Body Language, Body Language secrets, Body Language 101)

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## Body Language: Don't Be Fooled by Their Words! Learn How to Understand and Interpret Body Language Signals (Body Language, Body Language secrets, Body Language 101) Leroy Jackson

The subject of body language in its various guises is discussed in detail within the pages of this e-book. Everyone will benefit from understanding more about non-verbal communication and how it affects daily life interactions. It is a whole world of signs and symbolic behavior that tells a great deal about our mood and how we are thinking at the moment. It is often more powerful than what we say. Some people do it better than others, and therefore they shine as charismatic leaders. Even if your aspirations are a little lower, you probably want to improve the way people see you and the message you are portraying beyond your words. While for some, it comes naturally, for others it is a learned trait. The book will also help you understand other people more fully. Sometimes, we lack empathy and are in our own personal world when we encounter them.

## Topics included are:

- The five position of Virginia Satir
- Categories of communication including cues, clusters, context, and character
- The 10 patterns of body language
- Common signs and signals
- Subtleties of communication
- Eliciting the right response in others
- Involuntary actions, baselining, and norming, mirroring, and more
- Negative nuances

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