

WHAT THE **BODY**
IS **SAYING** AND
THEIR **MOUTHS**
ARE NOT **TELLING YOU**



THE ULTIMATE
SPEED READING GUIDE TO PEOPLE EASILY

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Foreword

Our body language, or the way we use different parts of our bodies when we are in public, is a very important indicator of our mental state. Several experts have noted how we can read people's minds just by looking at their bodies. This is known as body language reading.

Now, you cannot do this too obviously. If you stare at a person's body, you are going to be labeled a leech! But, there are those subtle signs that people give out all the time, and it only takes you a split second to read them.

For instance, you could just look at the way a person moves their eyes when listening to you, or the way they hold their lips when talking. You could look at the stance of their arms and legs and the way they use their hands. These are all vital body language signs. It doesn't take you any time to read these signs, but they can tell you so much if you pay attention... and if you know what to look for.

This eBook is all about body language. It is an attempt to tell you of the various signs that people give out when they are reacting to you. By reading this eBook, you will be able to gain command over what's in people's minds.

If you think about it, there are so many ways in which this can prove immensely beneficial to you. Think of all the things you can do if you are able to delve into someone's mind. You will be able to understand what they are thinking and how they will react to you in the next minute! If you are soliciting someone with a business proposition, by being able to read what is in their mind, you could give them just the

thing they are looking for, even before their voice their apprehensions. You could put people at ease. If you are with your loved one, you could put their apprehensions to rest whenever they crop up.

Reading body language surreptitiously is a powerful tool of personal development itself. When you are able to keep everyone happy, people are going to consider you with greater regard. The confidence that that can instill in you is immense. It could help you become a better person, a person who can always be counted upon.

We are not saying that these methods of body language reading are infallible. There are exceptions, as always, and you will have to use your better judgment on some occasions.

Nevertheless, at the end of it all, these are signs that will work most of the time and in most of your interactions with people. This is the way people *normally* behave, and you will need to know how to weed out the exceptional reactions that might come your way.

Speaking of personal development, when you know how to read the signs of body language in other people, you are automatically enhancing yourself as well.

You know how body language is interpreted and hence you can manipulate your own body language so that you give out the signals you want. Can that not be done? Of course, it can! When you can read other people's body language, you can certainly improve your own as well.