



# Mastering the Body Language: How to Read People's Mind with Nonverbal Communication

*Josh Cantrell*

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## **Would you like to be able to read people's minds?**

This question may sound like science fiction, or, perhaps, just fantasy, but something very close to mind-reading is actually possible, by learning to understand the body language. That is exactly what "Mastering the Body Language" by Josh Cantrell is offering you.

In this comprehensive guide to body language, the author covers everything from gestures and postures to personal and physical space. Special consideration is given to the facial, eye, and mouth expressions, positions, and movements, and all the emotions expressed through them.

"Mastering the Body Language" also explains, in a simple way, what are the benefits of understanding the body language. Even if it's not literally like telepathy in the science fiction books, it does help you to not only understand how someone feels and what they truly mean, but also to learn how other people might perceive your own non-verbal signals. As a result, you will learn how to understand people better, as well as become more aware of your own hidden thoughts and feelings.

Understanding the body language comes easy to some, while others can't figure it out. Whether you're in the first or in the second group, with this book, you will not only learn how to understand non-verbal signals, you will master them.

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