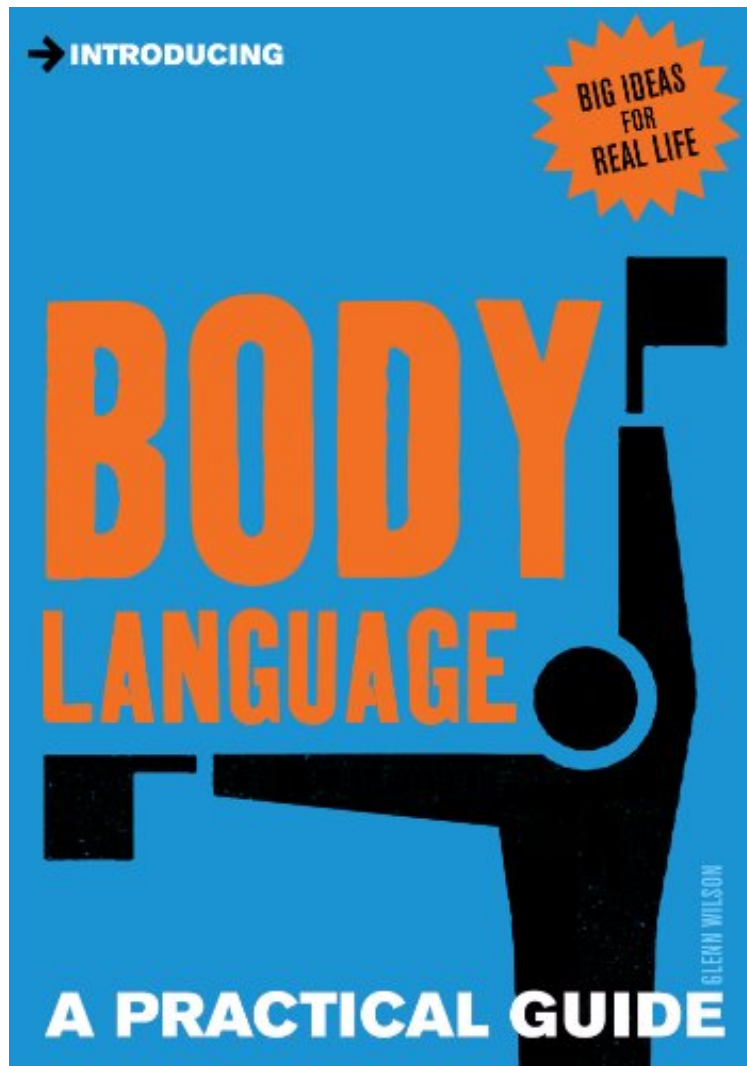


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Introducing Body Language: A Practical Guide (Introducing...)

Glenn Wilson

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2 of 2 people found the following review helpful. A way for book-smart people to understandBy Mr.A good introduction to the study of body language. This book has helped me identify when a friend or customer is feeling nervous, or hiding something. It also helps me better understand the subtle messages my partner is sending me through body language. As a result our communication feels more natural and seamless. For those of us that are not natural communicators this book spells it out in a way that book-smart people can understand.

An INTRODUCING PRACTICAL GUIDE to understanding the body language of others and being aware of your own. INTRODUCING BODY LANGUAGE explains how to read other people and how to be more aware of what you are saying with your own body language. This easy to read guide teaches you how to understand non-verbal messages, dealing separately with different parts of the body, such as facial expressions, posture and hand movements.

About the Author Dr Glenn Wilson is Visiting Professor of Psychology at Gresham College, London. Previously he was Adjunct Professor with the University of Nevada, Reno and Reader in Personality at the Institute of Psychiatry, King's College, London. He has published more than 100 scientific articles and some 33 books, on topics ranging from personality and attitude measurement to psychophysiology, sexual behaviour and psychology as applied to performing arts. A pioneer in the field of evolutionary theories of sex differences, attraction and love, in 2001 he was ranked within the 10 most cited British psychologists. He is a Fellow of the British Psychological Society and appears regularly on TV and radio, particularly in news and documentary programmes.