



# **The Secrets of Body Language: An Illustrated Guide to Knowing What People Are Really Thinking and Feeling**

*Philippe Turchet*

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# The Secrets of Body Language: An Illustrated Guide to Knowing What People Are Really Thinking and Feeling

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Do you ever feel that someone's gestures are telling you something different than the words they are saying? Has a cashier asked you how you are without glancing up from the items he or she is scanning? Have you ever felt that the firmness of your words is undermined by your feeble body language? Although spoken and written language may seem like our primary methods of communicating with one another, body language plays a strikingly prominent role, making up more than 90 percent of communication.

In the first English translation of Philippe Turchet's *The Secrets of Body Language*, readers can discover all the ways they have been inadvertently communicating negative, positive, neutral, or mixed messages with the simple body movements they habitually make without even thinking about it. Turchet makes us aware of the true importance of body language in all contexts, relationships, and encounters, and explains how body language embedded in our genetic makeup has the remarkable ability to transcend the language barriers and communicate universal meaning. In this enlightening book, find out what your own body language is telling other people, how you can read the signs of others' bodies, and how to most effectively utilize your own body movements to "say" what you really mean.

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