



# Body Language: 7 Easy Lessons to Master the Silent Language

By James Borg

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## Body Language: 7 Easy Lessons to Master the Silent Language By James Borg

Body Language is the winner of the Non-fiction Travel Read 2009, BAA Heathrow Travel Product Awards - More than 23,000 votes were cast in a month-long nominations period, with votes coming in from across the world. Your body language is on display almost all of the time so isn't it important you know what signal you're sending? Discover how to use your body language to your advantage and at the same time learn how to decipher other people's signals. Research shows that up to 90% of communication is transmitted non-verbally and that the most successful people - in all walks of life - are intuitive in deciphering these signals. We may think we know how to use this silent language but how many of us can actually use it well? Body Language will help you: gain a deeper understanding of other people so you can read their minds know what non-verbal signals you may be giving out to others and how to use this to communicate and gain the response you want notice if what someone says is completely at odds with what they are thinking or feeling learn how your extremities can give you away (despite what's coming out of your mouth). make a better impression in your social and work life by being aware of your bodytalk (and that of others). ..and more.

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### Editorial Review

Review

The year's best business books: "This book shows you how to use your body language to your advantage."  
Short List Magazine January 09 (readership 1.8 Million)

"It is a useful reference that can be taken on a short flight, skimmed and digested with ease....a convenient handbag (or manbag) sized read in a chatty prose style and I recommend it to beginners and masters of the subject alike." Andrea Reynolds, Director, Cordie, *Supply Managment*

From the Back Cover

**This book will change the way you communicate forever.**

Over half of our communication is through the body, but how many of us actually know how to use body language and, most importantly, use it well?

The power and influence of body language is huge. Whether you need to sell an idea, get your point across, understand what other people really think, body language is at the root of *all* communication. Get it right and communicating with others will be a breeze, but get it wrong and you're in for a struggle.

*Body Language* will make sure you get it right *every* time. In seven simple lessons you'll become an expert at reading others and controlling your own gestures to get the response you want. You'll discover a whole new language at your finger tips – welcome to the silent language of success!

About the Author

James Borg is a practising work psychologist and business consultant. He became interested in magic and 'mind-reading' at the age of 9 and subsequently was - a few years later - admitted as one of the youngest-ever members of the Magic Circle.

### Users Review

**From reader reviews:**

**Ellen Jones:**

Nowadays reading books are more than want or need but also be a life style. This reading practice give you lot of advantages. The advantages you got of course the knowledge your information inside the book which improve your knowledge and information. The knowledge you get based on what kind of reserve you read, if you want get more knowledge just go with training books but if you want really feel happy read one having theme for entertaining for instance comic or novel. The *Body Language: 7 Easy Lessons to Master the Silent*

Language is kind of book which is giving the reader erratic experience.

**Jean McFerren:**

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