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Article: *Your body language may shape who you are*

Taken from:

https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are/transcript#t-1126790

Social scientists are really fascinated with body language said Amy Cuddy, a social psychologist who studies **prejudice** and teaches in a competitive business school. She explains many aspects around nonverbal expressions of powerful and dominance. Besides, she enunciates several examples from politicians and different important figures around the world who has shown perfectly what people usually takes into account when are talking with other persons, just because human brains are so used to see it that brain processes by itself. Later, she explains a social experiment that she did with different people which consists on taking different physical postures and fake it with your body to your brain, she was trying to prove if people could fake it to them brains until you become it something different, and if with tiny **tweaks** people could make it big changes. She found that when you are taking these powerful body expressions you could reduce your **cortisol** hormones' level (stress **hormone**) and increase your **testosterone** hormones' level. Consequently, people may shaped their minds with them bodies.

In my point of view, it is quite interesting how many different ways your entire body can work with different chemicals like hormones, and how you behave according to these chemical reactions, due to external factors or maybe good or bad memories, experiences that shape you as who you are. Undoubtedly, every decision, every reaction, every situation that you managed in your daily life could becoming you into a different person in real, and what I mean is that there is no situation or aspect in your life that you could not make it better to front facing if you want. And you will have done it!.