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Body Language: What Words don't Reveal

By Ashish Dutta

Goodwill Publishing House, New Delhi, India. Softcover. Book Condition: New. Though we are often not cognisant of the signals that our body sends out to other people, yet unconsciously we are able to decode the body language of others. We rely on our intuitive feelings to interpret and read between the lines of what the other person is saying to us. Movement is also a part of body language. All movements such as that of our head, our legs, our feet and various other body parts along with facial expressions and our gestures, combine to make our body language harmonious. Our face is the most visually expressive part of our body. There are six universal facial expressions - happiness, sadness, surprise, fear, anger and distrust. Sending out good and positive body language is like having two voices showering praises on you. But how does one go about getting better body language? The reason that body language is given such a high reliability value might be due to the fact that a lot of non-verbal behaviour that we pick up is hereditary, or is learnt by us at a very young age. Without necessarily learning it, we can convey our feelings of love, hatred, fear, enjoyment,...



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