
Kiana Lee

Secrets of Your Face



Uncover the **REAL personality behind the people
in your life and read them like an open book**

Acknowledgements

This book is a thank you to my most powerful role models, my mother and late father. For their love encouraged me to be bold and write about what I believe in. They taught me compassion, love and kindness.

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Kiana Lee
Secrets of Your Face: Uncover the REAL personality behind the people in your life and read them like an open book

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Introduction

Most people judge us in the first minutes of a meeting. They have made up their minds about us based on how we look and act and few of us ever have a second chance to give a different impression. While we can easily change how we dress, changing how we act is more of a challenge, especially when we don't know where to start.

Many of us, on the other hand, through observation, interaction with people and life experience, unconsciously adjust our behaviour to get along better with the person across from us. We are able to do that because we have an intuition of the person's personality and character from our past experiences. It could simply be that we encountered someone like this person in our past and now have a fair idea of how this person might act or react. It adds up to cumulative experience combined with observation that connect people's character and attitude to their looks, actions or gestures. Take someone who doesn't look you in the eye when they talk to you; We instantly know that either this person has something to hide or they are insecure about themselves and unsure of themselves in the outer world.

By understanding the structures of the face we can accurately get to know someone and even have a good idea of their life experiences; whether they feel life is a cup half empty or half full, tend to be generous by nature, or even if they are meticulous. This book introduces us to a quicker way of understanding people which then allows us to better communicate in our relationships. Instead of wondering about where the person opposite us is coming from we now can not only understand them, but also understand them in relation to us. We will know why they are treating us the way they are because we understand how they are unconsciously reacting to our own facial features.

Our facial features or structures are always relative to the person next to us. For instance, while we might appear to be a great actor in our local drama class, we would pale in comparison to Sir Anthony Hopkins. It is the same with understanding the secrets of the face. Once we begin to do so with this book it not only becomes a very powerful tool for great relationships on all levels, but in our daily communication as well.

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How to use this book

When you first read this book, read it with yourself in mind. Where do you fit in? What speaks to you? Then remember that everything in this book is relative. For example, you might have full lips in comparison to everyone in your family, but to your friends you have thinner lips. Lips generally are about expressing, talking and giving of yourself. So while in your family you might be the most talkative member, you may find yourself the least talkative amongst your friends. Keep this in mind when you are looking at the traits in this book.

Once you identify with your trait and read your own face, you can then understand how others compare to you by reading their faces. Are they more expressive than you or less? Are they more open minded in comparison to you or less? Even if you are generally an open minded person, you will appear narrow minded to them if they have more of that trait than you do.

Knowing yourself and others puts you in a position of understanding. Once you realize why you are reacting to someone the way you are and what trait is triggering your reaction then you are given a choice. You can change your reaction because you now understand why that person is acting as they are.

You should strive to avoid abusing this information by using it to justify your own behaviour. i.e. I have full lips and since that means I'm a talker and you should listen! Instead you will realize that the person across from you has less full lips than you and that's why they hardly talk around you! So if you want to hear more of what they say, you get to keep quiet long enough for them to start talking and don't interrupt once they do!

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Combining Traits

This is where things get really fun! At first you will be seeing the face structure by structure like pieces of a puzzle. After that you get to put it together to see the whole picture.

Let's say someone has full lips , large irises, and a narrow face. This is the perfect "damsel in distress". During times of stress she will be openly emotional with plenty of tears as she tells you her woeful tale of sorrow. She will need a shoulder to lean on as she confesses all her feelings until the sun rises.

And the hero that she leans on with thinner lips, straight eyebrows and a broad strong face will be listening, reserved and her pillar of strength as he is for everyone else.

Translated into real life terms when you put them side by side: the lady will often find herself talking not only all the time, but also non stop about her emotions and feelings. The guy will hold himself in reserve and be another one of those strong silent types.

What if you met someone with straight eyebrows and full lips? Full lips would imply that they are talkative but how does this combine with reserved eyebrows? What you get is someone who re-serves their opinions to themselves a lot before they say them out loud. Someone who will not talk much unless they are very comfortable or passionate about the subject of conversation.

There are also instances where a trait is in denial. An example of a trait in denial is when the person acts in the opposite of the trait they have. Which confuses everyone of course, because the person might look like a talker and yet doesn't talk.

As you can see it can get to be complicated.

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Result orientated -

Angled back forehead

- prefer instant action
- does not like long instructions
- likes things short and to the point
- focused on results

Examples: most males



These people are interested in the bottom line. They want to go into action and they want to do it now. They chafe at the invisible bit as they impatiently wonder why things don't happen fast enough.

They like fast action and dislike planning.

If you are giving instructions this type tends to dash off without listening to everything as they are eager to start and get the job done. They will also be likely to accuse others of being long winded.

They like things short and to the point. If combined with low eyebrows you end up with someone who's going to come in fast and close to you very quickly! Or someone who won't mind that you come on fast to them!

Tip If this describes your date then make sure you are in charge of packing the picnic basket with the things you want in it. They will be so eager to get going that they are likely to forget a few things in the hurry to get there. Remember the destination is their goal. If they forget the salt and pepper and the plates along the way they won't mind as much as long as they get where they wanted to go. Remember that they are going to be fast to take action.

Tip If this is you then your challenge is to have more patience with others and their process of doing things. Realize that not everyone is as quick as you are and peace will prevail as long as you respect their way of doing things. Women tend to be more process oriented and so plan accordingly otherwise you might scare her off.

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***Process orientated -***

Full vertical forehead

- process orientated
- every step is important
- journey more important than destination
- a thinker who needs time

Examples: most females

These people have full foreheads like babies when they are packing as much information as they can into their brains. Scientists and brain surgeons often display this trait as well. After all, you want the doctor to take every step of the process rather than rush in and out forgetting a bolt here and there.

These people will focus on getting every step done right. To them the journey is more important than just getting to the final destination.

Not only do they want the whole picture, but they also will take the time to appreciate the finer points of that picture

The down side is that making sure every step is done takes time and often we don't have time for that.

Tip If this describes your date then realize that you have got a thinker on your hands. If you show consideration and respect for their way of thinking things through before committing to action they will be very grateful to you. Don't put stress on them by forcing them to make immediate choices. Give them time to consider their options.

Tip If this is you then your challenge is to make sure you have the time you need to make decisions. Don't allow yourself to be rushed into things. However, when the situation requires it you might have to learn how to think quicker so you can get to the doing part. You can't expect your dream partner to wait around forever while you make up your mind, can you?

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Cautious -

Long narrow face (deer-like)

- focus on security
- tend to worry a lot

- cautious
- uncomfortable with new situations

Examples: Nicole Kidman, Brad Pitt



These people are cautious by nature. If they had a catch phrase it would be ‘safety first’. Also known as “mother hens”, they make you constantly aware of the potential threats and dangers to your well-being and security. From protection from the elements to double bolting your door they have your best interests in mind.

Despite being anxious they manage to cope. In fact they take pride in being able to cope so well to any given situation.

New situations or meeting new people will always give them some self doubt. These challenges are unfamiliar to them and can leave them feeling insecure.

It is interesting to observe that they may feel uncomfortable with sudden changes in their life created by other people. i.e. the layout of the living room.

Tip If this describes your date then make sure you ask them where they would like to meet or what restaurant they would like to dine in. They will feel secure in a familiar environment and therefore have more time to focus on you!

Tip If this is you then your challenge is to have more faith in yourself. You don't have to run away or be afraid of new experiences. You have handled a lot of things well in the past and you can trust yourself to be able to not only tackle new situations but dance through them with grace. Reaching your goals in new territory is a step by step process. Be daring!

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***Confident -***

broad shield face (lion-like)

- take charge type
- ready to jump in to help
- feels wounded when help not fully appreciated
- commanding type

Examples: Leonardo DiCaprio, Anna Paquin

Big brothers and big sisters always with a ready shoulder to lean on these people are constantly jumping in to rescue anyone or anything in need.

They will plow straight ahead in any situation knowing they will have the strength to make it to the end.

While this is all fine and lovely, they tend to make others feel inadequate and useless as they watch them on the sidelines.

Not realizing this they will feel wounded when they are not appreciated fully for what they have done for others.

Tip If this describes your date then realize that you are in for a five star date! You'll love it, but once the honeymoon is over you'll have to be very gentle in not letting them take over the things that you want to do yourself. Assure them that they are needed and wanted and they don't always have to show it by taking over what you are doing. Let them understand that you take pleasure in doing what you are doing so they don't feel like you are rejecting them.

Tip If this is you then your challenge is to stop rescuing other people without asking them first. They may not like their authority usurped and even if you don't intend it they will certainly feel that way. Before rushing to the maiden in distress, make sure she's crying out in distress and not pleasure! Otherwise don't be surprised if you are not appreciated!

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Intolerant -

Narrow spaced eyes

- detailed orientated
- quick to pick out faults

- usually very tidy
- high standards on their way of doing things

Examples: many accountants or editors, Brad Pitt, Harrison Ford, Steven Spielberg



People with this trait put a high value on attention to detail, punctuality and precision. Responsible and very much on top of things, people with this trait will tend to have very little patience with any type of errors or faults.

Often thought of as uptight, because they tend to nitpick on everything and everyone, they are really only expecting the same high standards of others as they expect of themselves.

They have little understanding for excuses. All they are concerned about is getting things corrected and doing it right instantly.

When action is carried out immediately they are happy and fulfilled. However if there are delays they will become belligerent and feel a loss of control.

Tip If this describes your date then make sure you are punctual and tidy. They will not be impressed by any sort of messiness. They consider themselves very responsible and expect the same of you. Whatever it is they will get it done and you can always depend on them.

Tip If this is you then your challenge is to loosen up! If you freak out about everything it's no wonder you're having ulcers and constipation! Accept that others are not going to be as perfect as you and accept them for who they are instead of trying to mold them into an image of yourself. Restrict your attention to detail and precision to your work relationships with and don't allow it to affect your other. After all, if your partner wanted to live with their mother they would hardly go through all the trouble of courting you.

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**Tolerant -**

Wide spaced eyes

- open minded
- able to see the bigger picture
- easy going
- avoids confrontation

Examples: Elijah Wood, Laurence Fishburne

These people have a much broader view of life. They are easy going and very much in the moment.

Their open viewpoint makes them very forgiving of others and themselves. They have a tendency to neglect priorities and goals because of what is happening currently in their lives.

Known as being merciful and understanding it will come as a shock to others when they finally explode after having had their lines repeatedly crossed, to the point where they cannot excuse those responsible anymore. This little straw that breaks the camel's back will in the end cause a great rift.

Even though they will avoid confrontations they can and will confront vehemently when cornered. Because of their open views they are able to see many possibilities and ways of doing things.

Tip If this describes your date then know that they will be open to your suggestions and generally won't mind where you take them. They'll leave it up to you to the point where you might start thinking they don't care or get frustrated that they don't give you their opinion. Remember they are easy going and want to please you. So if you want their opinion, gently insist on it, letting them know it would please you to let them decide for a change.

Tip If this is you then your challenge is to honor your own goals and priorities. Respect others by being on time and sticking to agreed appointments because eventually they will get frustrated with you and feel unimportant if you don't. It is easier to try and be on time rather than slowly lose your friends one by one.

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Self-controlled -

Smaller iris size compared to white part of eye

- controlled and unperturbed by situations and in relationships
- tries to come across as tough and steady as a rock
- unsure of themselves when confronted with overt emotional displays
- at ease and affectionate when treated with casual affection

Examples: Hugo Weaving



People with this trait put a high value on control in themselves and others, especially when it comes to emotions. It's not that they don't have feelings, but that they don't express them to the outside world. They also expect others to do the same and when confronted with outbursts of emotions they will exhibit belligerence or even exasperation.

The iris is reduced through stress. This trait is often found in the male model as they are taught from a young age that it is not acceptable to express their emotions. Big boys don't cry.

That is why these men often have little or no experience in dealing with outbursts of emotions. After all, they have no experience with it themselves.

Tip If this describes your date then realize it isn't that they don't feel passion or grief. It's that they were taught to suppress it as best they can. They are expected to handle their own feelings and so they expect the same of others.

Only rarely will those emotions surface for you to get a glimpse of them.

Tip If this is you then your challenge is to be aware that by suppressing your emotions like a cold lump of rock you are also about as desirable to be with as that lump of rock. Your partner needs to know that you are capable of understanding them. You can start by expressing how you feel about the situation or relationship in words or actions. Express those positive feelings of affection, love and appreciation, for they are the way into someone's heart.

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***Emotional -***

Larger iris compared to white part of eye

- impressed by emotions
- lots of sympathy for others
- cries and laughs easily

Example: Maggie Smith

These people are impressed by people who express their emotions and therefore they also feel proud that they are able to express their own emotions. They will often be able to excuse failure if emotion is displayed in the reason. They also will excuse themselves from failure for the same reasons. Most guys, on the other hand, are taught to buck it up, get over it, and keep working.

They will have lots of sympathy for others. The downside to this is that it can easily lead to the pit of self pity, thus halting all activity and causing their life to grind to a halt. After that they will feel hysterical, unwelcome and alone. This occurs when they are not allowed to express their emotions or are belittled because of them.

This is typically a female trait.

Tip If this describes your date then realize that they **are** their emotions. Don't ever laugh their expressed emotions off or put them down for feeling them. They connect love with expressed emotions and they will get emotional to show that they love you. If it feels a bit much or if you are not used to it, just remember that it's only because they feel strongly about you that these feelings are triggered. Try to listen, but don't try to put yourself in their shoes because you are unlikely to share the same level of this trait with them.

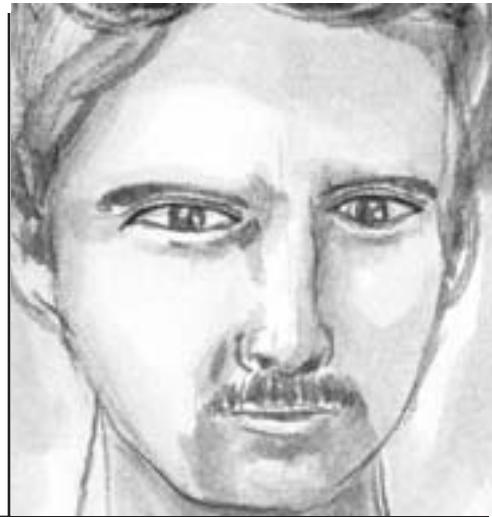
Tip If this is you then your challenge is to stop descending into self-pity or sympathising so much of the time. It doesn't get anything done, and nor does it solve anything. Accept small tokens of appreciation and understanding as enough and don't look for more. Others will soon tire of you.

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Up close & personal - distance from the eye to the underside of the eye-brow is short (low-set eyebrows)

- appear affable and friendly
- tends to come in close and intimate
- tends to be optimistic
- doesn't like their interest or sincerity questioned

Examples: Richard Gere, Harrison Ford, Russell Crowe, George Clooney



More often found in males, this is a classic personality type. Those with this trait want to jump with both feet into new situations, with the intention of getting in and checking things out quickly. They are the "hit and run" type.

In order to do so they will skip the formalities and move in close to their subject right away.

At a party you might observe a man with this trait approach his date (or prospective date) much too close for her comfort. She in turn will step back a little to maintain her own personal comfort zone.

Then the dance begins as he steps closer and she steps backwards, until he figures things out or she gives up and "suffers" the too close and personal contact.

Tip If this describes your date then realize it isn't that they intend to come on to you like a freight train. It just seems that way.

Like a puppy they are just being affable and want to be accepted. And they are aware that most of the time this approval comes across as kind of cute. Remember: they are *interested* in you, which is why they are close.

Tip If this is you then your challenge is to be aware that coming in too fast and too close will make the other person uneasy and uncomfortable. Since that usually isn't the desired effect, try holding back and allowing the other person to move toward you. Remember you don't want to frighten them!

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Discriminating - distance from the eye to the underside of the eyebrow is far (high-brow)

- appear distant and impersonal
- need distance/formality to feel safe
- don't like their personal space being intruded upon

Examples: Cher, Angelina Jolie

More often found in females, people with this trait tend to feel safe through distance. Almost wary they tend to check things out from afar before making a choice to commit themselves to the situation.

They require more formality and along with that comes respect and distance. This is very important to them.

Once you get to know them however they are much more familiar with you.

At a party, they tend to come off as rather aloof and keep others at arm's length. And they will be that way until they have chosen to accept you.

Tip If this describes your date then realize what they need is safety and to them that means space. Allow them to make the first move. Like a deer in the forest you need to make them feel comfortable before they will approach you on their own. If you run to them in your excitement they will bolt. You don't want that, do you?

Tip If this is you then your challenge is to realize that you might come across as aloof and slightly snobbish because you are not mingling with others. So make an effort. Smile and approach others first. Let them know that they are welcome and then you will find out how quickly they will let you get to know them. Isn't that the point? To get to know them so you can feel comfortable around them? Give others that chance.

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Reserved - underside of eyebrows horizontal, over the eye 2/3 or more. (Primarily found in men and one of the reasons why men and women don't understand each other)

- tends to be less talkative at first
- internalizes feelings and emotions
- loves it when others show *interest* and when given the *choice* to talk and contribute
- does not like rapid fire interrogation

Examples: Sean Connery, Vin Diesel



This is the TERMINATOR Arnold Schwarzeneggar type. Cool, collected and level-headed. In a party situation they will enter the room and scan it first. In fact if they aren't built like a tank you probably won't notice their entrance at all.

Most will label them as the "listening" type because while they are busy reserving their opinions for themselves, people will take this opportunity to animatedly talk at them (delighted to find someone to whom they can talk non stop to)

You know you have been successful when they start talking. Because this type rarely get much floor time they will love you for listening to THEM for a change! All you have to do is find a subject they are interested in and watch them glow!

They also tend to keep their emotions

to themselves and internalize rather than express them. While this works really well in the work environment, it can cause difficulties in a relationship. They tend to avoid conflict and when trapped they will aim for total victory or surrender just to keep the peace.

Tip If your date happens to have this feature, remember not to talk to them the whole night (major point loss), but instead talk for a little while until they have had time to get comfortable with you. You can then slowly draw them out into the conversation.

Tip If this is you, your challenge is to open up to others about why you act like you do. Talk about your needs and concerns so your partner can understand you. It's that or risk losing them as, they might assume you have no feelings and therefore no interest!

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Dramatic - eyebrow has noticeable to extreme arch. (Often found in actors)

- outgoing
- born entertainer
- loves an audience
- does not like being spirits damped

Examples: Queen Latifah, Steve Martin, high school prom queens

Queen Latifah. Need I say more? Always the center of attention, born entertainers, more flare than an emergency rescue team, you'll find them laughing, singing, and basically making a lot of waves. They will delight in showing you how they feel or what they think so just sit back and be entertained.

They do appear to exaggerate, but actually this is how they are and how they feel. If not allowed to express themselves they will start fuming, pouting and generally be quite disappointed.

So whatever the mood is, you'll find them swinging with it on the pendulum helping the mood fly or bringing it down with them.

Tip If your date happens to have this feature, then all you have to do is be an attentive, appreciative audience. DO NOT dismiss anything they say as exaggerated or insincere. (A big no no!). Allow them to captivate and enchant you.

Tip If this is your feature, your challenge is to stop occasionally and let your date shine for a while. Encourage them to speak and don't interrupt them when they get going. By being a listener and showing that you are interested in others you will be their star for a long time!

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Reliant on others - nostrils not very obvious.

- tends to be reliant on other's approval
- very concerned with getting along with others
- requires *understanding* for their need for support or approval from others
- does not like being questioned when seeking approval

Examples: Lisa Marie Presley, Keanu Reeves, Michael Jackson



While these people are able to be self-reliant, they too often appear to need others approval. And it is true that they do tend to rely on other people in decision making and planning.

They would sooner seek other's approval, rather than risk doing something wrong. After all, they strive to maintain peace and harmony and how else other than to make sure no toes are stepped on?

If their constant checking for approval is questioned they will feel hurt, unloved and disappointed. In the end all they want is for everyone to get along and it is that which they feel is not always understood about them by others.

In relationships or at work they will want to avoid appearing unable to make their own decisions or being unable to act independently.

Tip At first, you might find your date's equanimity "cute", but after a while you might get tired of deciding where to go or always getting the same answer: "whatever you like". Just remember that your date is only trying to please you and get along. Spend more time encouraging them to share their desires with you and watch the effect!

Tip If this is your feature, your challenge is to be responsible for your own wants and choices in life. Don't let others make all the decisions for you in the name of peace! Otherwise you'll come across as having no opinion and spineless at the same time. People respect you more when you show initiative and will grow to trust you with more responsibility. Remember, a relationship is a partnership in which you are expected to contribute.

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Self-reliant - extreme flaring of nostrils

- very assured and reliant on themselves
- loves to do things their way
- enthusiastic and attentive when given free rein
- does not like being questioned

Examples: Whoopi Goldberg, Jackie Chan, Morgan Freeman

These people practically exude assurance. They are their own authority to the point of not even checking in with others before going ahead with their own plan - even if they don't really know what they are doing.

They feel that their way is the best and often the only way of doing things. Others often see them as imposing and disrespectful as they barge ahead without consulting anyone else involved in the situation.

The take-charge type in a group, they always look confident and controlled. Remember it's not their intention to come across as aloof, unconcerned or even disinterested in others ideas. It just does not occur to them that their way may not be the best way of doing things.

After all people do often come to them for approval and agreement.

Tip If your date happens to have this feature, then all you have to do is let them be the boss. Watch as they enthusiastically show you around town with sweet attentiveness! Let them cater to you for the night. Sit back and enjoy their attunement to your desires.

Tip If this is your feature, your challenge is to realize that while you are doing things your way and with the best of intentions, you are also stepping on toes and egos. Moreover, you risk coming across as disrespectful as you plow on with such assurance. What's the point of doing all that work when no one stays around to appreciate it? Take the time to check in with others and respect the chain of command before you leave others feeling ignored and scorned.

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Less Talkative - very little upper lip

- quiet and speaks concisely
- dislikes long-winded talks from others
- loves it when others show *interest* non verbally (action over words)
- when interrupted, clams up and feels rejected.

Examples: most politicians, Russell Crowe, Bruce Willis, Demi Moore



Most people with this trait started off with more of an upper lip when they were younger. As they grew up they learnt that what they had to say was neither acceptable nor listened to. They were punished for speaking out and expressing themselves or their feelings.

Thus they only talk about what they feel safe in discussing and the less said the better. How often do we bite our upper lip to refrain from saying something?

They dislike the verbal expression of emotions, either by themselves or others.

Politicians in general tend to have very little upper lip, because they often hold back information and have to be very careful what they say out loud.

The more comfortable a person with this trait feels, the more they will open up and talk with you.

Tip If your date happens to have this feature, your challenge is to keep quiet long enough for them to talk. They need to feel that you are willing to listen to them before they will really start talking. Try not to interrupt when they talk or they will snap shut like a clam. Remember they appreciate affection expressed non verbally (smiles, notes, flowers or even just a touch).

Tip If this is your feature, your challenge is to open up and take a chance by talking instead of internalizing. People tend to feel uncomfortable around you if you don't say anything, because they have been given no clue how you feel.

If you barely speak during your date then your partner will end up thinking that you didn't like them!

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***More Verbal*** - very full upper lip

- delighted when able to express themselves verbally
- might get vindictive when not allowed to express themselves verbally
- love to talk about their feelings
- expects the same from others

Examples: Whoopi Goldberg, Angelina Jolie

These people love to talk! Walking “chatter boxes” they enjoy a great conversation - which usually means they get to be the one doing the talking!

They also tend to work through their thoughts by talking them out. If unable to finish they will find a way to get back to what they were talking about. There’s no escaping - so you might as well listen to them the first time around.

The biggest risk for these people is when they get carried away. Then they stop listening and also stop doing.

Tip If your date happens to have this feature, then all you have to do is show interest in them by asking questions. Then watch them come alive! Always ensure they are done talking before speaking yourself, or you risk that sparkle in their eyes fading away.

Tip If this is your feature, your challenge is to realize that while you are doing all the talking the other person might be getting bored or feel that you are not interested in them. Be aware of other people’s feelings and desires. Allow others to have the stage more often.

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Considerate - very little bottom lip

- considers carefully before giving
- loves it when others show *interest* non verbally
- likes action over words

Examples: Patrick Stewart



These people have learnt over time that sharing what they feel has invariably brought them pain. They feel that if they were to give what they have to offer it would only lead them to more pain.

So they hold back their giving, even their sharing of emotions until they are with someone who has proven that they are deserving and worthy.

Whatever they give they give, they give it with sincerity and meaning. If they have given time to help you what they appreciate in return is not a mere thank you. Rather, that you take the time to help them in return when **they** need it.

“Do unto others as you would have done to you” might be their motto.

Tip If your date happens to have this feature, realize that if given the time they will show themselves to be a warm, welcoming person. You might have to be patient, in order to lure them out of their shell. It might take more time than you thought, but the rewards will be all the sweeter!

Tip If this is your feature then your challenge is to allow yourself to be more “in the moment”. Try to attach no strings to what you give. Go with the flow and let yourself have fun. If not, you might risk coming across as cold, calculating and impersonal. However, if you open up and let others in they would see how warm and wonderful you really can be!

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***Generous*** - very full bottom lip

- delighted when able to express themselves physically and with their entire body
- very generous, in all senses
- prone to sulking and hurt feelings when not allowed to express themselves fully
- feels incomplete when their giving (caring/love) is not accepted or wanted.

These people are generous to the point of hurting themselves. If they see a need they will give or share whatever they have. This includes time, money or material things. They bend over backwards to help others. It makes them feel great to be giving.

However, sooner or later they reach an impass. Too often have they been disappointed by other's lack of generosity or caring. Exhausted and feeling used, and unappreciated, they end up sulking and unhappy.

They start doing to others as others have done to them. Whole relationships suddenly change almost overnight, as abruptly the reservoir of giving and caring dries up.

Tip If your date happens to have this feature, then all you have to do is show appreciation for the little things that they do for you and make sure you do the same for them every so often. With appreciation in the form of caring or helping them you will always have a place in their heart!

Tip If this is your feature, your challenge is to realize that while you are going all out to help others you are setting yourself and them up for disaster. Sooner or later you will need some attention yourself, if you are to continue giving to others.

The answer is to love yourself first! This provides the foundation from which you can give to others whatever is left but only after your needs have been met.

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About the Author

Kiana Lee

“All we want is a better life for ourselves, but we end up hating the ‘flaws’ that prevent us from having the life we want and deserve.

Instead of truly looking at ourselves we only look long enough to cover up what is there. Whether it’s the make up we put on or the mask that settles over our face before we step outside, it’s never our true self that we show the world. We have learnt to hide our precious true self, because when we have in the past we received only rejection and pain in return.

How can we begin to understand and relate to others in our relationships when we have not even really begun to see ourselves in the mirror? “

Kiana Lee shows people to look at themselves with awareness and how to do it gently. In helping others create a new awareness of themselves, of choices and open doors appear in places they thought only walls existed.

“It’s not just about who’s from Mars and who’s from Venus. We are individuals and unique in who we are. Just like we all have different learning styles, we all also have different ways of thinking and therefore communicating. We can’t always speak to others based on our own life experience because they have had experiences different from ours. We have to communicate in a way that they can relate to. By having insight other people we can communicate better. By understanding ourselves we can begin to understand others.”

Kiana Lee spent years living in North America, Asia and Europe, observing the differences in the cultures, in the languages and in the interaction between individuals. After her father passed away from cancer she went into isolation from her friends and family for many years, focusing inward on meditation and qi gong. It was during that period that her career really began as she noticed that even while she locked away from the world, the world still came to seek her out.

People were naturally drawn to her and found themselves unburdening their problems before they even knew her name. While she still doesn’t believe she can save the world, she does believe in the importance of communication and listening. Listening with our eyes and ears brings understanding. From understanding change can take place. The change that will come from ourselves because we are our own guru and our own foremost authority.

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Picture required:

- front face view

For an extended detailed reading that covers idealism, skepticism, what you need to do for yourselves under stress, how to communicate to others and more, order the '*personal plus*' profile. (**US \$19.00**)

Pictures required:

- front face view
- left and right side face shots
- full frontal - head to feet

Partnership Profile

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It covers every aspect of the relationship between you and your partner. The reading begins with a look at how you see your partner. It then goes on to take a look at how your partner sees you!

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Pictures required of each individual:

- front face view (label with name)

For an extended detailed reading that covers idealism, skepticism, what both of you need to do for yourselves under stress, how to communicate with them and more, order the '*partnership plus*' profile. (**US \$27.00**)

Pictures required of each individual:

- front face view (label with name)
- left and right side face shots
- full frontal - head to feet

Let's get started on the next page!

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