Body language

What is body language and what can we learn from it? Body language is a part of nonverbal communication that seems to be very important in everyday human interaction.

Body language must not be confused with sign language. These are two completely different concepts. Body language implies all the movements that our body produces unconsciously or consciously. For example, politicians learn body language to maintain and attract people's attention.

We can learn a lot through body language. Gesticulation along with facial expressions is much more important than the words themselves. Through them we see how a person feels, whether he is positive or negative towards someone or something.

For example if we are going for a job interview we need to know how and what our nonverbal communication will say about us to leave a good first impression that finishes half the job.

Also in police cases, investigators must know what the body language of the respondent says, from which they can see if the person is lying, if he is not uncomfortable, if he feels guilty, etc.

Body language and facial expressions help us in everyday understanding and communication with people.