



How to Read a Person Like a Book: Observing Body Language to Know What People Are Thinking

Gerard I. Nierenberg, Henry H. Calero, Gabriel Grayson

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Imagine meeting someone for the first time and within minutes—without a word being said—having the ability to tell what that person is thinking. Magic? Not quite. Whether people are aware of it or not, their body movements clearly

express their attitudes and motives, communicating key information that is invaluable in a range of situations.

How to Read a Person Like a Book is designed to teach you how to interpret and reply to the nonverbal signals of business associates, friends, loved ones, and even strangers. Best-selling authors Gerard Nierenberg, Henry Calero, and Gabriel Grayson have collaborated to put their working knowledge of body language into this practical guide to recognizing and understanding body movements. In this book, you will find the authors' proven techniques for gaining control of negotiations, detecting lies, and even recognizing signs of sexual attraction.

Whether in an office, on a date, or on a family outing, the simple technique of reading body language is a unique skill that offers real and important benefits.

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