



# Body Language Quick & Easy

*Richard Webster*

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## **Words can be lies, but body language always tells the truth**

They say actions speak louder than words, but what are those actions really saying? *Body Language Quick & Easy* shows you how to use the hidden communication of the body to improve your relationships, build confidence, understand your friends and colleagues, and even be able to tell when people are lying.

Explore the secret codes of unconscious communication that most people don't even know exist. Use your understanding of the body to influence others, interpret motivations, and achieve goals at work. Making a good first impression and gaining rapport is easy when you know how to use body language.

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