



You Say More Than You Think: Use the New Body Language to Get What You Want!, The 7-Day Plan

Janine Driver, Mariska Van Aalst

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Do you want to be bulletproof at work, secure in your relationship, and content in your own skin? If so, it's more important than ever to be aware of what your body is saying to the outside world. Unfortunately, most of what you've heard from other body language experts is wrong, and, as a result, your actions may be hurting, not helping, you.

With sass and a keen eye, media favorite Janine Driver teaches you the skills she used every day to stay alive during her fifteen years as a body-language expert at the ATF. Janine's 7-day plan and her 7-second solutions teach you dozens of body language fixes to turn any interpersonal situation to your advantage. She reveals methods here that other experts refuse to share with the public, and she debunks major myths other experts swear are fact:

Giving more eye contact is key when you're trying to impress someone. Not necessarily true. It's actually more important where you point your *belly button*. This small body shift communicates true interest more powerfully than constant eye contact.

The "steeple" hand gesture will give you the upper hand during negotiations and business meetings. Wrong. Driver has seen this overbearing gesture backfire more often than not. Instead, she suggests two *new* steeples that give you power without making you seem overly aggressive: the Basketball Steeple and the A-OK Two-Fingered Steeple.

Happy people command power and attention by smiling just before they meet new people. Studies have shown that people who do this are viewed as Beta Leaders. Alpha leaders smile once they shake your hand and hear your name.

At a time when every advantage counts—and first impressions matter more than ever—this is the book to help you really get your message across.

From the Hardcover edition.

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Nancy Baumgardner:

As people who live in typically the modest era should be upgrade about what going on or data even knowledge to make these keep up with the era that is always change and advance. Some of you maybe can update themselves by studying books. It is a good choice for you but the problems coming to anyone is you don't know what type you should start with. This You Say More Than You Think: Use the New Body Language to Get What You Want!, The 7-Day Plan is our recommendation to make you keep up with the world. Why, as this book serves what you want and want in this era.

Andrea Whitt:

A lot of people always spent all their free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read the book. It is really fun for yourself. If you enjoy the book that you simply read you can spent the whole day to reading a book. The book You Say More Than You Think: Use the New Body Language to Get What You Want!, The 7-Day Plan it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. If you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore simply to read this book out of your smart phone. The price is not too expensive but this book provides high quality.

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Gary Williams:

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