



Understanding

# BODY LANGUAGE

51 gestures and what they signal

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**You cannot *NOT* communicate**



Whether you open your mouth or not, you communicate.

This guide provides you with 51 gestures and what they signal, consciously or unconsciously. According to communication experts at “The Center for Body Language” in Belgium, there is an 80% chance that these gestures correspond to different feelings. Still, you must look at:

- **The Context.** If you know that someone has just won the lottery or has been laid off, it helps you to interpret their gestures better.
- Possible **changes** from their “**base-line**” **behavior.** If a person with a normally open body language all of a sudden becomes closed off, it is a clear giveaway.
- Understanding when and how **several gestures** are used simultaneously or in succession can improve your interpretation of the message.

Toghether, these observations will give you a higher accuracy in your interpretations.

Next time you have a meeting, or sipping a coffee at a café, observe peoples’ body language. Bring this book as a guide. Become an **emotional reader.**

Let’s dive into the gestures!

# Content



The Hands Communicate



The Legs Communicate