



What Hides Behind a Gesture?

Daide Balesi

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In the past years the author's poor knowledge of body language led him to disappointing relationships, and made him unable to establish good connections with people. How can you seduce a woman if you can't even understand what she is saying to you? How can you win a negotiation if you can't even understand which side your interlocutor is on? How can you understand people's intentions when you are not even sure if they are telling the truth?

You can easily lie with words but not with body language.
Keep in mind that 90% of communication is nonverbal!

There are facial expressions, vocal variations, posture, unintentional gestures and proxemics. Words often hide the real meaning of a conversation.

If you learn to read the meaning of nonverbal language, you will also learn to understand yourself better. Have you ever felt uncomfortable in a situation, and made a gesture or stroke an attitude unintentionally? You probably wondered about the meaning of your gestures, am I wrong? This handbook will answer all your questions!

Life coach Davide Balesi is one of the leading experts on seduction in Italy

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