

《肢体语言指南Body Language 》

图书基本信息

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作者：Elizabeth Kuhnke

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内容概要

在线阅读本书

If you are puzzled by other people or want to improve the impression you give, knowing about body language could be the key. In this book you will discover how the body reveals what people really mean and how you can use your body and your expressions to improve your self-image to others. It explores why we give the signals we do, how to read the most common expressions and goes on to show how you can use your new understanding of body language for success at work, in relationships and in your communication. Actions really do speak louder than words!

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