

Body Language and Attraction
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Best wishes in love and life, Joanne.

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1. Introduction – Where does this all start?

Body language is defined as nonverbal, and mostly unconscious, communication through use of gestures, postures, facial expressions, and alike. To the trained eye, it can reveal the thoughts of any and everyone, as well as their current emotional condition.

Various studies have indicated that communication made between people in face-to-face conversation, consists of a less than 35% verbal component, and an 85% non verbal component.

Examples of this can be seen in every day life; a woman who is conscious of having gained weight about her thighs will smooth her dress down, and a guy who is unhappy will sit down with his arms folded, legs crossed, and a slight frown on his face.

Studies also indicate that women are much more perceptive than men – Hate to break it to you guys, but most of you just aren't wired that way.

The average woman has over 14 areas of her brain dedicated to communication, whereas the average man will only have between 4 and 6. This doesn't mean that guys have no hope of reading body language accurately; it just means that most men will have to

consciously try to read a person's body language, whereas most women will automatically do it subconsciously.

This EBook will help you explore and define the different actions, postures, and gestures of a person who likes you and is seeking your attention. It is important to understand that as well as being able to pinpoint whether a person is using gestures that indicate he or she likes you, it is just as important to be able to spot those gestures that indicate whether a person doesn't like you – to help you gain a balanced view of their true feelings.

2. Ground Rules for Accurate Body Language Reading

One of the most common mistakes a rookie body language reader will make is to interpret individual gestures in isolation of other gestures.

For example, when someone rubs their left hand on their right arm it can indicate many things – negative feelings, sore arm, or maybe they are just cold – it all depends on the other gestures they are using at the time.

Another key factor is the circumstances under which certain gestures are made. A classic example of this is 'the woman in the short skirt',

who sits with her ankles crossed tightly in front of her. Ankle crossing is usually associated with negativity and defense, however a woman with a short skirt may cross her ankles for certain obvious, necessary reasons – i.e. she may not be being negative, she may just be trying to stop people seeing up her skirt.

Remember that practice makes perfect. Body language isn't always easy to read because there is often so much going on at one time that it's hard to keep track of it all. My suggestion is that you take 15 minutes each day and dedicate it to reading peoples' body language. This way in time, reading body language will become second nature.

3. What Do The Eyes Tell Us?

Often described as the windows to the soul, the eyes can give us great insight into the true thoughts and feelings of a person in any situation.

Dilating Pupils

When someone is feeling positive, when they like the company they are keeping, and when they hear something that they agree with, their pupils will dilate. When someone is feeling negative, when they don't like the company they are keeping,

and when they hear something they disagree with, their pupils will contract.

Dilating and contracting pupils are known as 'microgestures' – they cannot be consciously controlled and often go unnoticed by the untrained eye.

Although dilating pupils are often a signal that a person likes you, it is important to read this gesture in context. As we all know, changing light levels also affect how dilated or contracted our pupils become, low light will result in dilated pupils, and bright light will result in contracted pupils. Always look for this microgesture and evaluate it against other gestures being used by the particular individual.

'Looking Up'

Used particularly by women, this gesture involves lowering the head at the neck, and looking upwards at the other person. This gesture makes people appear more childlike, and evokes a parenting reaction in both men and women. If someone uses this gesture on you, it is likely that they'd like you to perceive them as 'cute' and vulnerable, i.e. in need of care.

Eye Contact

Making lots of eye contact is a way to show interest or respect. The more eye contact a person makes with you, the more that person likes you. Studies also show that even if you aren't initiating the eye contact, the more you look into someone's eyes, the more romantic and enjoyable they will find your company.

It is important to remember that making too much eye contact early on in a relationship can sometimes make people feel pressured and insecure. If you are trying to make a good impression on someone, build up a slight rapport first, and then gradually increase the amount of eye contact you give them.

4. The Smile

Smiles are often big indicators of whether or not someone likes you. The key thing most people (men in particular) don't realize is that there are different types of smile, and that each type of smile can mean a completely different thing. Therefore when someone is smiling at you, it isn't always a signal to make your move and go talk to them.

Many people use fake smiles to make them appear approachable and submissive. A fake smile can be spotted because it involves only the jaw muscles working, whereas a true smile involves both the jaw muscles and the muscles around the eyes.

A true smile will often produce 'crow's feet' around a person's eyes, and the person's teeth are usually visible. A true smile is an indicator that a person likes you, however there are many types of smile that we see from day to day – not all of them mean positive things.

The Tight Lipped Smile

A tight lipped smile is spotted frequently in every day life. It is exactly what it says on the tin – the lips are stretched across the face forming a straight line, and the teeth are not visible. The tight lipped smile is often used by someone who is hiding something that they don't want to share with you.

It is a favorite used by women who don't want to show that they don't like someone. Most men are completely oblivious to the true meaning of this smile.

Sideways Looking Up

This gesture consists of a tight lipped smile coupled with the 'Looking Up' gesture from the 'Eyes' section in this EBook. Contrary to the meaning of the solitary tight lipped smile, this gesture is used mainly by women to convey that they like someone. This smile invokes the parental, caring instincts in men, who see the smiler as playful, and juvenile.

5. What Hands Say About People

There are 2 basic rules you have to remember when looking at hand gestures: Open palms (when you can see the palms of someone's hands) suggests openness, honesty, and a liking, whilst closed palms (when you can see the back of someone's hands) suggests that they may be hiding something, are closed to your ideas, or are feeling like they are in authority.

Classic examples of this are seen in every day life. When people are apologizing, they may say something like "I'm sorry" coupled with presenting their two open palms. The open palmed gesture is like saying "I feel comfortable around you, I like you, I am being honest, and I have nothing to hide." If you see someone making open palmed

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