



UNTOLD SECRETS

OF HIS

BODY LANGUAGE

A Goddess' Guide to Reading and Sending the Right Signals

*When the eyes say one thing, and the tongue another,
a practiced man relies on the language of the first.*
Ralph Waldo Emerson



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Not Everything That Glitters Is Gold

There's more to a discussion than the words you say or hear. A lot of signals are transmitted through body language and nonverbal communication.

Think of the last time you were in an uncomfortable situation. Did you cross your legs or arms, look down and spoke less than you usually do? That's what most people do when they don't want to be in a certain place anymore. They "shut in" and try to lock themselves out from the rest of the world. It's like they create a shell of their own, very much like a turtle.

Now try to remember how you'd react if you saw a really cute guy – that you would want to date. You'd probably smile, maybe shoot glances at him, play with your hair a bit... or even get clumsy.

That's how much body language can convey.

Take a closer look at the mini-stories above – notice how all of them describe at least three signals (crossed legs, eyes down, less talking). That's the trick – unless you analyze a couple of signals at the same time, they won't tell you anything. Or, at least nothing accurate.

As you'll see below, some signals can mean one thing (for example: rubbing one's nose might mean the person is lying) or another (rubbing one's nose because it itches).

What body language does convey, with pretty good accuracy, is our emotional intent. In fact, brain research shows that whatever we're feeling first shows up in our body, and only later (nanoseconds later) in our conscious minds. So, if we're hungry, or impatient, or angry, or happy, our bodies know first, and they will pretty reliably signal those feelings.



Important

In other words, always pay attention to the overall context. How do different types of signals mix together? How do they relate to the picture painted by words?



Learn To Speak With Your Body.

A Goddess is powerful. She knows what she wants and how to get it. More than that, a Goddess looks strong. She looks confident. But she also knows when to feign weakness or be alluring.

This short guide will teach you how to mold your body language so that you LOOK like the Goddess you are.



A FAIR WARNING

Be careful how you use the poses and gestures described below. They CAN make you look aggressive, which could scare some people away. Always start small and see how they react.



A Goddess shows she's confident

Hold your head high or stick your chin up

These two signals work because they make you look bigger. Actually, most power-poses have that kind of effect. It all goes back to when we were living in caves and fighting over food. The bigger you were, the more you got to eat (bigger meant stronger).

So, nowadays, even though we're not as aggressive, we still take size for strength.

Another thing these two signals do is expose your neck.



Important

Exposing one's neck used to be, in early times, an extremely risky thing to do. That's why they convey confidence and fearlessness. Exposing your neck and playing with your hair (to draw attention to your neck) is a very powerful flirting technique.

Hold your arms behind you, hands clasped

This one can be traced back to the Middle Ages, more or less. It was a common pose for kings and noblemen. It's obvious they should be confident and authoritative. They were the ones that made the rules, after all.

Keep your palm(s) down

Just be careful not to move your forearm across down your body with the palm down; people usually see that as either defiance or disagreement.

Put your hand(s) on your hip(s)

Again, this makes you look bigger. However, keep in mind that your hands do point towards your crotch, drawing attention to that area. So it's also an availability signal as well.

Shake hands with your palm down

Think of it this way - you take the palm down pose from before and you apply it to a firm grip.



A Goddess can tell if a guy is interested in her...

Well, other than the obvious, in-your-face staring and / or offering to buy you a drink, there are subtle hints you can pick up.



Important

Some signals are common for men and women – the following 5 are male-specific...

A guy will **stand up straight**, with his chest out and his shoulders back. This is supposed to make them look strong (makes their pecs pop-out and their bellies magically disappear).

He could adopt a **very wide stance** - with his legs apart, while standing or sitting, to make himself look bigger. It's a power-pose, yes.

If he **looks like a cowboy**, with his thumbs in his belt hoops or his hands deep in his pockets, fingers pointing toward his crotch, he has the hots for you.

Another thing guys do is **be loud** or engage in play-punching/wrestling with other guys. They do this to draw attention to themselves and their manliness.

Of course, before all of the above, **they scan the room** - if you see a guy casually looking around, not trying to find someone in particular, he's probably single and "searching".



Important

... while these signals are common to men and women. Use them if you want to show availability and openness.

Is he **sharing his personal space** with you? If he enjoys having you really close (less than 0,5 feet away), he's either attracted to you or liking you as a friend. In any case, that signals a positive attitude towards you.



If his **head is tilted towards you**, that could be a sign of flirting. Check his gaze –does he look at you briefly, then look away? If so, he likes you. That way.

Does **he look you in the eye**? That usually means he's being honest.

Also, take a look at **the size of his pupils** – if his eyes seem way bigger than they normally are (and there's plenty of light around), he's interested in you romantically. He can't help it – that's something we used to do when finding a mate was really difficult and spotting one made all the difference in the attraction game. His pupils grow huge because he wants to see you better.

He might be **mirroring you**. Look at how you have your legs crossed. Do his look like a mirror image of yours? Same goes for any other part of your bodies.



... and she knows if something's not right

He's... uh... looking to the right. For some good seconds.

This one is tricky, so, again - mind the context and the other cues - if a guy looks to the right, he MIGHT be lying. You see, looking to the right usually indicates he's trying to tell a story. The problem is, he could be making one up instead of remembering one. Check for how detailed it is. If he's putting in a lot of detail, it might be a lie.

He's blinking frequently

Some experts say that we blink between six and twenty times a minute. If someone is blinking more than that, then they just miiight be under a bit of pressure. He could be lying or he could just be extremely excited. Don't judge someone based on how much they blink, keep this as a secondary sign.

He's touching or scratching his nose when he speaks

Some experts say that people's noses get red when they lie. So, as a reflex, they tend to hide their noses to cover-up their lies. While this is the most common way to spot a liar, take note that it might just be an itch.

His words say No, but his body says Yes

Usually, we want to say the same thing through both words and nonverbal communication. But, sometimes, when we lie, we're so focused on clever words, that we forget to control our body language. If his story seems to be contradicted by his non-verbal cues (example: he's sayin no, but nodding yes), then he might be lying.

His words say Yes, but his body says No

Look at his navel. If he's talking to you, but his navel is pointing at somewhere across the room or not toward you, he might not be interested in talking to you then and there. The same thing goes for "closed poses". If he has his legs/arms crossed while talking to you, he might not feel comfortable about it...



He's hiding his mouth or his eyes

People naturally attempt to cover up their lies. It's because we're taught to be ashamed of lying. So, if his hand covers his mouth when he's answering a question, doubt his truthfulness. The same thing goes for covering his eyes, though some people just close them while answering. However, if he's not looking at you, that could mean lack of interest (not necessarily lying).

He's trying too hard to laugh

This is usually an attempt to make himself more... welcoming. If he does this, he might be uncomfortable/ anxious or just trying to make you like him. If he is lying, it's an innocent lie, destined to flatter you. He's a nice, shy guy.

He's pursing his lips

We usually do this when we dislike something or express disagreement. Take a step back and try to figure out if you said anything to offend him.

He's half-smiling

If he's only smiling with his mouth (but his eyes don't change or even squint), that's a fake smile. He doesn't mean it.

He has a stiff upper-body

If he moves very little from the waist-up, check the signals above. He might be lying.



A FAIR WARNING

Don't take the gestures above as 100% sure signs he's lying. Make sure you're not overanalyzing and that he does at least 2-3 of the things described, when talking about the same topic.

Check this video for more information:

http://www.ted.com/talks/pamela_meyer_how_to_spot_a_liar.html

