

# WHAT MAKES YOU HAVE A POWERFUL BODY LANGUAGE?

## How to Adopt a Confident, Trustworthy, and Likable Body Language

### Eye Contact

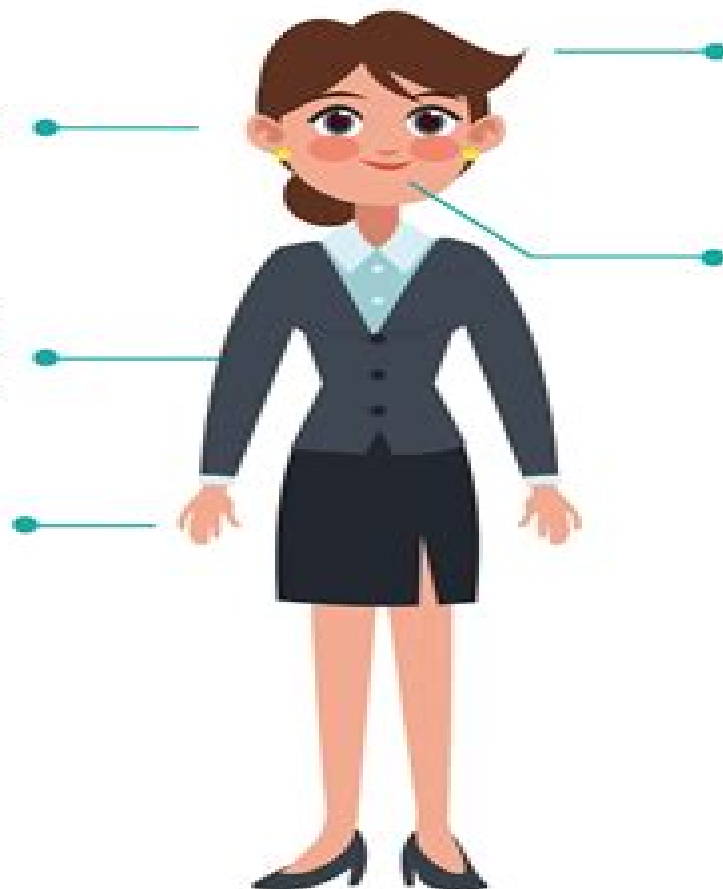
Relaxed and present, not looking away

### Posture

Open, upright or slightly inclined forward, arms to side, facing other person

### Hands

Open, visible, palms up



### Head

Centered, not tilted, facing other person

### Voice

Conversational volume, calm, firm, not shaky



# Open Body

**Patrick Vollmar**



## Open Body:

Heart Open, Body Awake Susan Aposhyan, 2021-08-24 The human heart forms the essential link between body and spirit In Heart Open Body Awake master somatics teacher Susan Aposhyan presents a simple yet richly detailed four part practice to experience this link in all its unfolding wonder opening our hearts feeling our bodies allowing ourselves to move and be moved and connecting with the world in its fullness Aposhyan weaves together insights from a range of scientific psychological and spiritual traditions to present a practical path toward embodied spirituality Beautiful anatomical illustrations help readers to visualize the body systems processes and movements described in the book Through the practices offered in Heart Open Body Awake your sense of spiritual wellness can become as near and palpable as your sensitive beating heart

**Automotive Industries** ,1919 **The Gift of Gab- Little Tricks for Confidently Talking to Anyone** Shu Chen Hou, Are you tired of feeling anxious or awkward in social situations Do you struggle to find the right words or connect with others in conversation The Gift of Gab Little Tricks for Confidently Talking to Anyone is here to help This comprehensive ebook is packed with tips tricks and techniques for confidently communicating with anyone whether in personal or professional settings From finding common ground and breaking the ice to mastering small talk building rapport and resolving conflicts The Gift of Gab covers it all Inside you ll learn how to Make a good first impression and build strong relationships Use nonverbal communication to convey confidence and build trust Master the art of small talk and storytelling Harness the power of humor to connect with others Effectively handle difficult people and resolve conflicts Practice empathy and active listening for better communication And much more With practical advice and easy to follow techniques The Gift of Gab is your ultimate guide to confidently talking to anyone anywhere Whether you re looking to improve your social skills build stronger relationships or advance your career this ebook has everything you need to succeed Don t let social anxiety hold you back any longer Invest in yourself and your communication skills with The Gift of Gab Little Tricks for Confidently Talking to Anyone Order now and start your journey towards confident communication today

**Omaha-Council Bluffs Solid Waste Management Plan** Henningson, Durham & Richardson, United States. Solid Waste Management Office, 1971

The London and Paris ladies' magazine of fashion, ed. by Mrs. Edward Thomas Jane Thomas (née Pinhorn), 1850

*Automotive Engineering* ,1920 **Official Gazette of the United States Patent Office** United States. Patent Office, 1911 **The Automobile** ,1913 **The Spectator** ,1928 *Life* ,1914 **Automobile Journal** ,1912 The Dog Fancier ,1914 **New York Supreme Court Appellate Division First Department** , *Automotive Industries, the Automobile* ,1920 *Vanity Fair* ,1927 **Report** New York State Museum, New York State Museum and Science Service, 1918 *The New International Encyclopædia* Frank Moore Colby, Talcott Williams, 1917 The Key to Better Golf John Carl Hackbarth, 1929 Machinery ,1922 *Motor World Wholesale* ,1921

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