



The Psychology of Body Language

Joe Navarro

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“The Psychology of Body Language,” from best-selling body language author and expert, Joe Navarro, explores the connection between the human brain and our body language. This short booklet examines how we evolved the exquisite ability to communicate our needs, thoughts, concerns, desires and intentions without the need for the spoken word. Based on research in evolutionary biology, physiology, psychology, neurology, and nonverbal communications, “The Psychology of Body Language,” is written for the layperson. Simple to read and understand, it explores why our limbic brain communicates so accurately and effectively in real time through our body. It also explores how we can use that information to more effectively communicate and to interact in our relationships. This is ideal as a quick read for parents, teachers, managers, executives, human resource personnel, even law enforcement officers, who must grapple with understanding behavior on a daily basis.

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