



Body Language

Julius Fast

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Your body doesn't know how to lie. Unconsciously, it telegraphs your thoughts as you fold your arms, cross your legs, stand, walk, move your eyes and mouth. The new science of kinesics deals with these physical signals that we all send out.

Body Language Details

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Author : Julius Fast

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From Reader Review Body Language for online ebook

Brooke Otis says

I got this book from a friend of mine who was giving things away before moving. I asked her afterward if she had read it. She responded that she hadn't gotten very far into it but couldn't remember why. I pointed out some rather disturbing pieces of sexism in the book and then she remembered. She apologized for not throwing it away instead of giving it away. At one point the author makes a middle aged man into a victim because he treated a young woman like a piece of meat and she gave him a piece of her mind in return. At another point he makes men the victims for receiving a tongue lashing after they merely "relaxed themselves" against women on the subway. There's not much in the book about body language but it's great for the misogynist who needs a pat on the back.

Andrew Childers says

With reference to research, real life situations, and reasoning the authors attempt to describe what we know about human practice in proxemics, face, ritual, expression, and motion. This book, well, was written in the 70s (while reading I came across things that caused me to check this fact more than once), and it seems that there's little concern for the type of political correctness I experience now on a daily basis. Quite a bit of the book was entertaining to read, but I question the validity of some claims in the text. It's a bit too generalized at times and too vague at others. Nonetheless, it's interesting. There are probably better, more up to date reads on body language out there.

Shaikha_a_140514 says

It was interesting to read this book that really helps in our life and social one specifically . the writer previews Dr's opinions and studies about every movement we do and what does it mean in the body language . one of them says that if you were in a cafe and choose to set in the middle of an empty table , means that your body is saying " I don't want to share the table with anyone "

A. says

The questions printed on the cover of this book is the reason for which I bought this book....and I did not find the answers in any page.

I guess this book's body language is misleading.

As the writer stated at the end "Body language as a science is in its infancy, but this book has explored some of the ground rules..."

It's an introductory book in body language, so don't expect it to quench your thirst in this field.

Natalie says

I read the 4th edition (1971) and the cover was way more bitchin.

It has some serious "pc" issues, but served as an "at hand" (purchased used because the jacket is hilarious) introduction.

I'm sure there's a way better resource out there.

Raghid says

Julius Fast's "The Body language" is very simple. It simply provides a very simple introduction to the world of the "Body language". It is very simple and "light" and nothing too complicated or overworked and the reason for that is perhaps that this field - the body language - was, upon the book's release (1970), new. It was emerging.

Julius Fast basically gives you the basics - the "easy" introduction to the body language - and in the process he does discuss some good points regarding the body language and how you could/should read it and nothing more. If you have the slightest interest for body language or does not know where to start, I would probably recommend this one. It might help you for further studying and does refer to other works and experiments on the subject. Keep in mind that Julius Fast's "Body Language" is old - it is possible that you might find some better or more modern and updated works on the subject. And again, this is a very simple and light book.

Jerry says

This book is groundbreaking... if you read it 40 years ago. Now, it's just filled with obvious observations that any half-way paying attention person can make like, "If a woman is frowning then she may--or may not--be upset." Ok, maybe the book isn't that obvious, but you don't really want me to spoil all of it for you, do you?

But I do want to thank Julius Fast for giving me the line, "Nah, baby, I wasn't staring. I was just admiring your particular mode of nonverbal communication. It's very inspiring." Good looking out Captain Obvious!

Jeff Ford says

Not what I was hoping for. *Body Language* provides a tantalizing introduction to what could be a very insightful approach to interpersonal communication. Unfortunately, it provides very little usable information and a great deal of ambiguity. I am sure that the field has advanced in the last 45+ years since publication. I'll have to look for a more up-to-date offering.

Raquel Pimentel says

This is indeed a very interesting book. The subject covered in this book was not very developed at this time. With the evolution of communication (non-verbal), society has learned to understand the language of the body. But in reality, people still do not master this matter. The body speaks, and speaks truth, without our consent. Experts can discover truths through people's behavior and gestures. It is a very useful science in many professions. I have already published some articles (in Portuguese) on this topic. See some examples below.

«Ser ou não ser, eis a questão» (to be or not be the question) <http://www.raquelpimentel.com/2012/07...>

«A Linguagem do Corpo» (the body language) <http://www.raquelpimentel.com/2012/07...>

Ilze says

What do I *do* with my hands??!!

Someone said I should keep an eye on my mother ... but that's the last person I want to be like ... so, having discovered a slick way out of my teenage conundrum, I read this book, which was neatly hidden in mom's bookshelf!

Emma Brown says

If you want a book that tells you why you should learn body language, you've found what you're looking for — otherwise, this is a waste of your time.

I saved this book from being thrown away because I hoped I could glean some useful information about how to read (and, I confess, manipulate) body language. The questions on the cover suggested that the book would offer some helpful insight.

Unfortunately, the questions were a mere ploy to whet one's curiosity, not an actual offer to supply the answer. I forced myself to wade through the horrible writing in the hopes of reaching a chapter where some pertinent information would be detailed, but I did so in vain. This book is an ostentatious prologue to the actual art of reading body language. Fast often refers to the work of others, and for himself only drops a few hints and tidbits of information that could be practically applied.

In the end, I learned only a couples facts aside from figuring out I should have ditched this book in favour of something more contemporary and actually informative.

David says

As an undergraduate, I took a course called Reading People and Places. We read a lot of Roland Barthes. We wandered (or, rather, walked briskly) around DC and looked at architecture. We looked at pictures of fashion models in magazines and read elaborate descriptions of the meanings of men's suits. And at some point we

learned about the work of Dr. Edward Hall and his theory of "proxemics," or how men use space to communicate with each other. I learned a great deal from that class, though I don't know that learning to take semiotics seriously (or to stay awake and focused through a chapter of Barthes's writing) was really part of it. Rather, I learned a few very interesting things about architecture and some intriguing theories about elements of human behavior, and I learned a great deal about my own reactions to what I saw as a high ratio of theoretical elaboration to clear evidence.

In some ways, this book reminds me of that class. There's clearly something to it, but I'm reflexively skeptical about the details. From time to time, I found myself thinking "that has to be contrived." But it was an interesting book as a whole; and, despite the breathless cover blurb, the tone is matter-of-fact.

Maybe I'm swayed, too, by the fact that Fast doesn't take his subject as well understood:

"Perhaps scratching the nose is an indication of disagreement, but it may also be an indication of an itchy nose. This is where the real trouble in kinesics lies, in separating the significant from the insignificant gestures, the meaningful from the purely random, or from the carefully learned."

Nhu says

Có 2 ch??ng dành cho ng??i ??c thân - ??c hi?u tín hi?u ng??i mình th?y h?ng thú trong cu?c h?p m?t công c?ng. Có 4 vùng không gian ? m?i cá nhân : thân m?t - cá nhân - xã h?i và công c?ng. M?i cá nhân khi ra ngoài giao ti?p mang theo trong mình v?n hoá gia ?nh- mà tác gi? chia làm 2 ki?u : khép kín và m?. C?ng nh? c?ng ??ng, m?t gia ?nh khép kín s? ch?a y?u t? b?o th?, ?è nén, tr?t t?, quy?n h?n trong khi gia ?nh m? mang ??n nhi?u t? do và s? tho?i mái. Có m?t ví d? r?t ??c bi?t v?i tên g?i “ti?c im l?ng” ?? ch?ng mình l?i nói ?ôi khi ?? che ??y.

Caroline Åsgård says

I really have to say, this book interested me a lot! The power of body language is much stronger than I thought, and now I have learned so much about interpreting it and being aware of what one does - and that your body can say the opposite of what is coming out of your mouth!

If you're interested in people and culture, this is really a book you should check out. It's not long, and isn't written in a heavy, scientific matter.

Now as I've moved from Norway to Florida to work at the Epcot world showcase, I'm starting to become much more aware of the cultural differences we all have - including in body language.

Fernando Caro says

Es un buen libro para saber expresarte usando la kinesia, en cada pequeña lección cuenta un breve relato sobre el como varía la apreciación de cada persona y no siempre significa lo que pensamos, Se enfoca en situaciones cotidianas y van relacionadas con el ligue.

