



Descodifica los gestos de tu interlocutor para comprenderle mejo (PSICOLOGÍA) (Spanish Edition)

Martine Tardy

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Primero nos vemos, después nos escuchamos y finalmente nos comprendemos. De ahí la importancia de los gestos, de la mímica y de las expresiones de nuestros rostros. La gestualidad es una forma de expresión arcaica, utilizada mucho antes de que el lenguaje y la escritura aparecieran. Su estudio permite descodificar, adivinar qué hay detrás de lo que no se dice, lo que piensa y siente realmente el individuo a fin de descubrir la verdad. Cuando observamos a nuestro interlocutor, en un principio nos fijamos en su actitud general, y luego pasamos a los rasgos que se dibujan en su cara y a sus diversas expresiones. Puesto que no podemos entrar en contacto directo con lo que piensa el otro, sólo nos quedan los signos externos que muestra. Cada movimiento del cuerpo corresponde a una actitud mental. Ningún gesto es gratuito: la orientación de la mirada, el movimiento de las manos, la curvatura del cuello o la inclinación del cuerpo dicen mucho sobre nuestro estado de ánimo. Mediante numerosas ilustraciones, en esta obra se muestran los gestos, la mímica y las actitudes más corrientemente utilizadas, así como su significado. ¡En menos de dos minutos el estado de ánimo y las intenciones profundas de tu interlocutor no tendrán ningún secreto para ti!

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