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New Book "What Your Body Says" Shows the Power of Body Language

PORTLAND, Ore.--(BUSINESS WIRE)--**The power of body language and our other non-verbal communication** determines how we're perceived by others. Nonverbal communication is more than body language. It's what we do with our voice, our breathing, and with our body. Body communications expert and local Oregon author Sharon Saylor wrote the new book, "What your Body Says (and how to master the message)."

Learn techniques to avoid common nonverbal communication mistakes and build credibility before you even begin speaking. "Our nonverbal communication has a dramatic influence on how we're perceived. When we get it right, people pay attention to us and believe us. They trust us. Just knowing the right words to say isn't enough. Even simple things like learning to keep our mouth closed when we aren't speaking makes us look more intelligent," she said.

"This fascinating book shows you how to become more influential and persuasive with every person you meet."

Unlike most books on body language, this book isn't about how to read somebody else's body language. It's about mastering your own. It means no more confusion, and no more mixed messages. These are incredibly simple, very straight-forward and absolutely mind-boggling techniques to improve the quality of your communication. The techniques will help you reach hearts and minds. They will help you improve your personal and business relationships.

Brian Tracy, author of multiple business books including The Power of Charm, said, "This fascinating book shows you how to become more influential and persuasive with every person you meet." Being a great communicator isn't magic. It can be learned by anyone. These learned behaviors make up that power we call charisma. "What your Body Says" illustrates the techniques Saylor uses to coach her clients in developing these skills.

Key Facts

Title: What Your Body Says (and how to master the message)

Subtitle: Inspire, Influence, Build Trust, and Create Lasting Business Relationships

Author: Sharon Saylor

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Learn more at <http://whatyourbodysays.com>

About Sharon Saylor

Sharon Saylor is a Small Business and Communication Success Strategist, MBA, and Certified Book Yourself Solid Coach. She coaches small business professionals to help them develop a loyal community through no and low cost marketing. She shows them how to market their business through speaking and demonstrating. This is her third book.

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