

**“I speak two  
languages, Body  
and English.”**

**Mae West**

# **THE POWER IS IN YOUR HANDS**

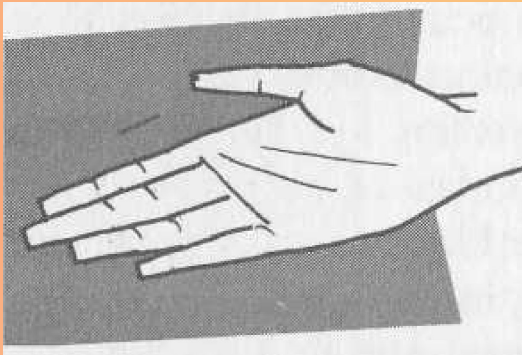
How the palms and handshakes  
are used to control



The palms are intentionally used everywhere  
to infer an **open, honest approach**.



Palms-in-Pockets:  
Prince William  
showing the media  
that he **doesn't want**  
**to talk.**



Palm up = **non threatening**

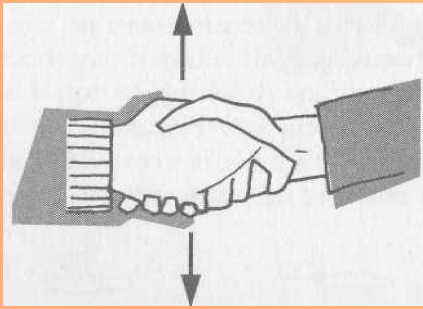


Palm down = **authority**

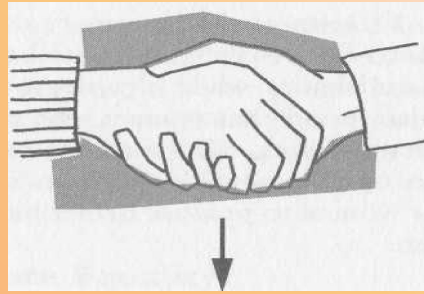


Adolf Hitler using one of history's most notable Palm-Down signals.

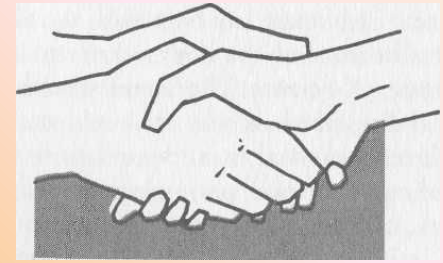




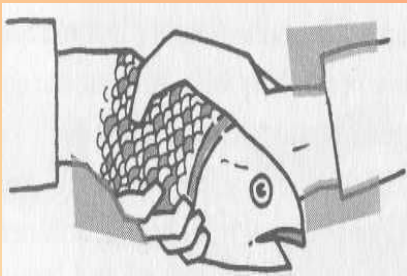
Communicating  
equality and  
mutual respect



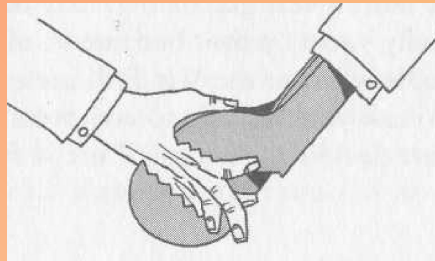
Taking control  
domination  
is possible



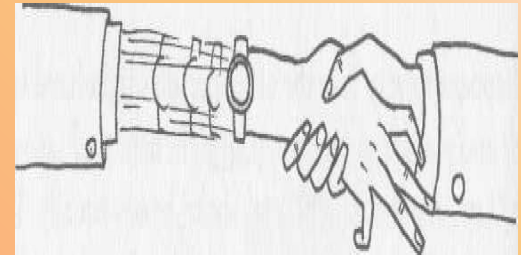
The Double-Hander  
a miniature hug



The Wet Fish  
a weak character



The Bone-Crusher  
an aggressive  
personality



The Socket-Wrencher  
to pull you off balance

It **seems** like a friendly tap on the shoulder but carries a lot of significance to the rest of the world





The Top Gun and The Wolverine!  
Tom Cruise and Hugh Jackman  
shake hands at charity event in  
**macho grandstanding**

UK Prime Minister David Cameron  
at the receiving end of Pope  
Benedict XVI's **double hander**





# THE MAGIC OF SMILES AND LAUGHTER



What makes this one of the world's most irresistible icons?

Which smile is **fake** ?



False smiles pull back **only** the mouth, real smiles pull back **both** the mouth and eyes



Tony and Cherie Blair were  
'tight lipped' about Cherie's  
last pregnancy



The Tight-Lipped Smile shows  
she has a **secret** and won't  
be sharing it with you





Drop-Jaw smile with an attempt to fake smiling eyes used to **cause happy reactions**



Diana's Sideways-Looking-Up smile - **juvenile, playful and secretive** making **men** want to **protect and care**



# **ARM BARRIER SIGNALS**



Holding the hands over the crotch makes men feel **more secure** when they feel **threatened**



Humans make a point of **hiding** the **areas** they think are their **weakest** or most **vulnerable**



Prince Charles' Cuff-Link-Adjust  
revealing his **insecurities**



Crossed-Arms-on-Chest  
**uncertainty** and **insecurity**

# **CULTURAL DIFFERENCES**





If a Saudi man holds another man's hand or kisses him in public, it's a sign of **mutual respect**. But don't do it in Australia, Texas or Liverpool, England.



Mediterranean: Your wife is being unfaithful

Italy: Jailable offence

South America: Protection against bad luck

USA: Texas University Logo, Texas Longhorn Football Team

To some people: Sign of the devil





Europe and North America:

**OK**

Mediterranean region, Russia,  
Brazil, Turkey:

**An orifice signal; sexual insult;  
gay man**

Tunisia, France, Belgium:

**Zero; Worthless**

Japan:

**Money; coins**





Britain, Australia, New Zealand, Malta:  
**Up yours!**

USA: **Two**

Germany: **Victory**

France: **Peace**

Ancient Rome:  
**Julius Caesar ordering five beers**



Western countries: **Number 5**

Everywhere: **Stop!**

Greece and Turkey: **Go to hell!**





Europe: **One**

Australia: **Sit on this!** (upward jerk)

Widespread: **Hitchhike; Good; OK**

Greece: **Up yours!** (thrust forward)

Japan: **Man; five**



Europe: **Two**

Britain, Australia, New Zealand: **One**

USA: **Waiter!**

Japan: **An insult**

# COURTSHIP

In courtship **women** call  
the tunes most of the  
time - **men** do most of  
the dancing.



Marilyn Monroe was the **master** of using female expressions and body language, and she understood, at least on a subconscious level, how it could make most men go **weak at the knees**.

# stage 1 – eye contact



She gazes around and spots the man she likes. She waits for him to look back and waits for him again to look back for 5 seconds. He now keeps watching to see if she does it again. She repeats it three times. **Hello flirtation!**



## stage 2 - smiling



She gives a quick half smile... but no...  
usually the man **doesn't get the signal.**

# stage 3 - preening



She sits up straight to **show all her best advantages...**  
She plays up with hair for 5 seconds. She wets her lips, straighten her clothes and jewellery... **He'll respond!** He'll stand up, pull his stomach in, adjust his clothing. They both point their feet towards each other.

## stage 4 - talk



He comes and **makes a small talk** using cliches as “Haven’t I seen you somewhere before?” just to break the ice.

# stage 5 - touch



She looks for an opportunity to **initiate a light and “accidental” touch**, like on the arm. They repeat so as to show it's not so “accidental”. Slightly brushing the man's shoulder gives him the impression that she cares about his appearance and also a sense of intimacy. A last handshake, an exchange of phone number and **a start of a romance!**



