



What Your Body Says (And How to Master the Message): Inspire, Influence, Build Trust, and Create Lasting Business Relationships

Sharon Sayler

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Train your body to communicate with confidence and clarity-have your body match what your mouth says...

The popular phrase "leading from influence" takes for granted that influence derives chiefly from verbal communication. However, communication is about more than words. To get to the next level in your career, you must communicate with your entire self.

What Your Body Says gives you the straight-up "how-to" on unifying what you say with what you do, allowing you to better connect with other people and reach your full leadership potential. It gives you a clear and simple process to follow, all drawn from an intense study of how language impacts people's lives and emotions. Filled with useful tools, strategies, and techniques, this book gives you the key to

- Speak intelligently while looking smart, engaging and real
- Deliver unpleasant messages without pain or guilt
- Having a committee meeting and getting something done
- And more

Written by Sharon Sayler, a highly accomplished expert in marketing, presentations, and body language, *What Your Body Says* is the only guide you need to achieve the competitive edge in your personal and business communication style.

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