



# **Love Signals: A Practical Field Guide to the Body Language of Courtship**

*David Givens*

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## **Love Signals: A Practical Field Guide to the Body Language of Courtship** David Givens

A world renowned anthropologist explores the non-verbal signs, signals, and cues human beings exchange to attract and keep their mates. As a medium of communication, Love's silent language predates speech by millions of years. Today, we still express emotions and feelings largely apart from words. The postures, gestures, and facial cues of attraction are universal, in all societies and cultures.

According to Dr. Givens, courtship moves slowly through five distinct phases: attracting attention, recognition phase, conversation phase, touching phase, making love. Since potential mates "test" each other before uniting as one, courtship is a choreographed give and take of signs granting physical and emotional closeness.

*Love Signals* is part ethnography and part how-to. Dr. Givens documents the little courting rituals witnessed in elevators, on subways, and in the workplace. He examines the essential role the face plays in courtship and how it can be optimally displayed. He decodes the body to find silent messages given off by shoulders, neck, arms, hands, waist, calves, ankles, feet, and toes. Dr. Givens analyzes expressive shapes, colors, and markings encoded in arm wear, shoulder wear, leg wear, and shoes. He deciphers the background messages of spaces, places and interiors to learn how environs help or hinder in the meeting process. Chemical cues emanating from aromas, tastes, steroids, sterols, and hormones strongly shape a partner's feelings, so they are explored as well.

The book suggests ways to flirt, avoid mixed signals, read eyes, walk, dress, and lift a drink—to help you find a date, spark a relationship, and keep a mate. Knowing the hidden vocabulary of love signals will give you an edge. The more you know about these secret skills of attraction, the more likely you will find a loving, lasting partner.

## **Love Signals: A Practical Field Guide to the Body Language of Courtship Details**

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Author : David Givens

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# **From Reader Review Love Signals: A Practical Field Guide to the Body Language of Courtship for online ebook**

## **Amanda says**

I really enjoyed this book. I have already found myself applying some of these things in my day to day correlations with co-workers, clients family and my boyfriend. This is certainly a book I will need to keep around and re-read in about a year. I strongly suggest this book to anyone looking to start a new relationship or wanting to know more about non verbal communication and how it can help you in all aspects of life.

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## **Heather says**

Mind blowing that I'm a human after reading this book. Meaning I am CLUELESS as to body signals and the mating dance of romance that people do. Which makes me one of the worst people to hit on as I seriously have no idea that I'm being flirted with or hit on. Also, I'm incredibly unaware and unobservant of what's happening around me when dudes are around. Even if I'm interested in seeing someone. Thank God for Love Signals to the rescue. In fact, one of the chapters in the book talks about response in dating and says that the #1 worst response you can do to somebody's subtle love signals is to ignore them. Which I realized after reading this is exactly what I do, though completely inadvertently since I haven't known to pay attention. Whoops.

If you are the opposite of me, meaning not dorky and a total dating pro, this book will probably be obvious and unnecessary for you. This book is written for the Heathers (me) of the world. There is probably nothing in here that most people aren't aware of. Example, to capture attention make eye contact. Fluff your hair. Smile. Mirror your body language with theirs. Touch. Laugh. If you want to go somewhere alone and get hit on look vulnerable. Looking vulnerable makes you approachable. Example, if your leg is in a cast that makes you look vulnerable and your odds of being approached goes up. Same thing as reading a book. That makes you approachable. But if you go somewhere alone and start staring hard at people or strutting your stuff you won't be approached as that's too aggressive. The only time strutting works is if you are in a group. Groups of same sex are great for being approached, especially if the group is good looking as the tension and pressure is lessened.

This entire book is really a study of animals. Meaning the author parallel studies of humans in dating situations with real world animal stories of mating and courting from zoos and science journals around the world. Because at the end of the day you and me baby ain't nothin but mammals. Am I right?

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## **Chris says**

### **Fair enough**

Good insights here, couched in terms likening human courting behavior to those of other animals. An interesting read, and reasonably tight.

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**Thfadhilyahoo.com says**

nice book

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**Nana says**

i hope to benefit from this book ..

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**Ana Scheinowitz says**

Un libro entretenido y de lectura amena, a pesar de contener mucha información científica. Muy bien organizados los capítulos.

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**Robin says**

This book was pretty informative. Gave a lot interesting facts and stuff on how to read body language, especially when meeting and potentially building a relationship. Now if I can just remember all the cool stuff I learned.

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**Shardulvyas says**

conscious account of unconscious movements. after reading upto this point in book, subtle interactions of lovebirds start appearing like pda :-D

Finished and like it.

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**H2he2003 says**

good

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**Jacques says**

First 100 pages were insightful, the 5 phases were practical but the other half of the book was a bit fluffy.

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## **Jess says**

Absolutely fantastic book about the body language of courtship. It was written by a cultural anthropologist who really knows his stuff! I'm an anthropology major, so I already knew some of the principles that he was using, but some of this stuff just blew me out of the water. I kept finding myself saying, "Wait a second- I DO that!" I definitely recommend this for any single man or woman- it's not just written to a female audience!

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