



# **How To Analyse People: 10 Exercises To Perform Personality Analysis and 5 Essential Rules to Understand People and Their Behaviour (How to Analyse People, Reading people, Body Language)**

*Michelle Carter*

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**Did you know the structure of a man's body could tell you how he thinks and feels?**

While it may sound strange, there is a lot that can be learned from reading people.

Once you learn these techniques, you will never look at anyone quite the same! This principle is based on the idea that every single thought you think has some kind of muscular contraction to go along with it.

Our external characteristics can tell people a lot about us. Even the size and shape of our body or our head can help someone determine what we are thinking and feeling.

These tendencies and preferences are thought to be inborn and with us from childhood to death. What this means is there is a lot to be learned from studying people and their facial expressions and body movements.

In this book you will discover the Five Personality Types and how they help you analyze people on sight, through the science of human analysis.


## You will also learn:

- 10 Simple Personality Exercises
- Information on Physiology and Psychology
- Five Essential Rules to Understanding People
- How to Read People
- Brief Introduction to the Big Five Personality Types

## Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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