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1. Crossed arms and legs signal resistance to your ideas. Crossed arms and legs are physical barriers that suggest the other person is not open to what you're saying. Even if they're smiling and ...

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The first clue to read body language is to observe the other person. However, such observation should be subtle. Don't let the other person realize that you are looking intently at their every move or twitch of the eye, as they might become conscious and uneasy.

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If you want to get better at reading body language, look for emotional cues that will tell you how someone is feeling, like v-shaped brows, wide eyes, and crossed arms, which may indicate that a person is angry.

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Body language is known as the strongest indicator to adjust flirting. If you can read women's non-verbal cues, you will escalate an interaction seamlessly and smoothly. There are a number of ways, which women use their body language to communicate their interest and attraction to men. Reading the female body language can be complex or simple but the real trick is to recognize clusters and progressions.

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There are actually two sides to reading body language in others. Decoding is your ability to read people's cues. It is how you interpret hidden emotions, information and personality from someone's nonverbal. Encoding is your ability to send cues to other people. This is how you control your personal branding, what first impression you give and how you make people feel when they are with you.

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