

Secrets From An Expert Military Interrogator To Spot The Lies And Get To The Truth

In this book, you will learn how to spot the lies and get to the truth. You will learn how to use body language, facial expressions, and other cues to determine if someone is being truthful or deceptive.



You're Lying: Secrets From an Expert Military Interrogator to Spot the Lies and Get to the Truth

by Emma Woolf

★★★★☆ 4.5 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 226 pages
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This book is written by an expert military interrogator who has spent years honing his skills in the field. He has interrogated countless suspects, and he has developed a keen eye for spotting the telltale signs of deception.

In this book, he will share his secrets with you. You will learn how to:

- Read body language
- Interpret facial expressions

- Spot the subtle cues that indicate deception
- Ask the right questions
- Build rapport with suspects
- Get to the truth

This book is essential reading for anyone who wants to be able to spot the lies and get to the truth. Whether you are a law enforcement officer, a security professional, or simply someone who wants to be more discerning in their everyday interactions, this book will give you the skills you need to see through the lies and get to the heart of the matter.

Here is a sample chapter from the book:

Chapter 1: Reading Body Language

Body language is a powerful tool that can reveal a lot about a person's thoughts and feelings. When you are trying to determine if someone is being truthful or deceptive, it is important to pay attention to their body language.

Some of the most common body language cues of deception include:

- **Fidgeting:** People who are lying often fidget a lot. They may tap their feet, play with their hands, or shift their weight from side to side.
- **Avoiding eye contact:** People who are lying often avoid eye contact. They may look away when you are talking to them, or they may only make brief eye contact.
- **Covering their mouths or faces:** People who are lying often cover their mouths or faces with their hands. This is a subconscious attempt

to conceal their expressions.

- **Crossing their arms or legs:** People who are lying often cross their arms or legs. This is a defensive posture that can indicate that they are trying to protect themselves.
- **Displaying incongruent body language:** People who are lying often display incongruent body language. For example, they may say they are happy, but their body language may indicate that they are actually sad.

It is important to note that not everyone who displays these body language cues is necessarily lying. However, if you are paying attention to other cues, such as facial expressions and verbal cues, you can use body language to help you determine if someone is being truthful or deceptive.

In the next chapter, we will discuss how to interpret facial expressions.

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