



# 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.

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