Understanding body language is important, but it is also essential to pay attention to other cues such as context. In many cases, you should look at signals as a group rather than focusing on a single action. Here's what to look for when you're trying to interpret body language.

Facial Expressions. Understanding body language can go a long way toward helping you better communicate with others and interpreting what others might be trying to convey. While it may be tempting to pick apart signals one by one, it's important to look at these nonverbal signals in relation to verbal communication, other nonverbal signals, and the situation.

Intended for girls age 9-11 this is a perfect starting point for essential discussions. Puberty is so much more than a changing body and this book is a perfect, low key practical introduction to real life issues facing girls and their families as puberty begins. My ten year daughter loved that it is written from the vantage point of two teen sisters, their friends supported by a fabulous team of adult experts. It was also nice that the girls offer multiple perspectives and cover real issues - like bras, evolving body shapes, weight, acne, fashion, hair care and feminine hygiene products. Many books in this genre address sex - this ...