

《7个小技巧教你看出谁在对你说谎！》

导读:在日常生活中我们经常会被人欺骗，如何识别一个人说的是真话还是假话是一项重要的技能，本文就列出了骗子的7个特征。



There's nothing worse than having the wool pulled over your eyes, and when it happens you often wonder how someone managed to deceive you.

??

Now body language expert Judi James has revealed the key signs to look out for if you're concerned someone is being economical with the truth.

?????????????·??

While she warns that there is 'no set formula' for spotting a liar, recognising some of the signs can help you root out a fibber.

?????????????"?????"????????????????????????????????

The big pause: Lying is quite a complex process for the body and brain to deal with. First your brain produces the truth which it then has to suppress before inventing the lie and the performance of that lie.

The face hide: When someone tells a lie they often suffer a strong desire to hide their face from their audience. This can lead to a partial cut-off gesture like the well-known nose touch or mouth-cover.

??

Self-comfort touches: The stress and discomfort of lying often produces gestures that are aimed at comforting the liar, such as rocking, hair-stroking or twiddling or playing with wedding rings. We all tend to use self-comfort gestures but this will increase dramatically when someone is fibbing.

??

