

In order to study body and facial language it is critical that the samples be true samples, samples taken of people in the throes of true emotional display and not of staged photographs of people who were instructed as to what emotion to portray for the picture. That's all it would be – a portrayal.

Most of the samples in this work are taken from people caught in their daily lives as they are displaying their emotions in both their body and facial language. The context in which the samples (photos) were taken gives the explanation for the emotion that is being displayed. For example, one photo is of two men having an altercation at a gas station. This lets us know that this is a hostile confrontation and their body language is based on that.

This is not laboratory science but human, on the street, anthropological science. Humans are best studied in their natural environment. And that isn't in a laboratory. It's out in the everyday world.

Because many of the photos were taken on impulse to capture people acting on impulse many of them were made from a distance and a certain amount of enlargement had to be performed. As you know, this can detract from the overall quality of the picture. So please bear with some of the photos which may be of lesser quality. I felt it was more important to capture genuine emotional displays rather than to produce high quality photographs.

Expect to find a lot of humor in this report. Humor is a large part of the human experience and it too is captured in body and facial language. Always keep in mind, this book is not only very useful as a guide to what to expect from your fellow humans but it is also meant to be enjoyable reading.

The examples in this book are taken mainly from people living in Western culture. While there are numerous differences in the meanings of facial and body language between Asian and other cultures that are different from those in the West (North America, most of South and Latin America, Europe, Australia and New Zealand) these aren't relevant to the scope of this work. For example, in some cultures nodding the head means "no" and shaking the head means "yes." Few of us are likely to come across this difference with any regularity.

It is important to note that in studies done by Ekman and O'Sullivan it was discovered that there were six universal (known in all cultures) emotions: happiness, anger, fear, sadness and disgust. There is one that I should like to add to this list and that is the expression found on the face of the psychopath. It too seems to be universal which is why everyone should be aware of it.