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It signifies confidence. 3. At a restaurant,
unless there is an established hierarchy, go
for the seat at the end of the table facing the
door. That is the power position. 4. Sit in the
highest chair in a meeting or on the arm of
the couch – but not higher than the boss! 5.
Make larger, more fluid movements.
Confident people ' s bodies occupy more
space.

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Leil Lowndes, an internationally recognized communications expert, has conducted communication seminars for major US corporations, foreign governments and the

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US Peace Corps. She has appeared on hundreds of television and radio programmes, and is the author of the bestselling *How to Make Anyone Fall in Love with You* and *How to Feel Confident*, and her work has been translated into 19 languages.

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Leil explains how to: * Identify the reasons behind shyness - and address them*
Overcome awkwardness at social gatherings* Master public speaking*
Communicate fluidly* Banish fear to build fulfilling relationships
How To Feel Confident was previously published as *Always In The Kitchen At Parties*.

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