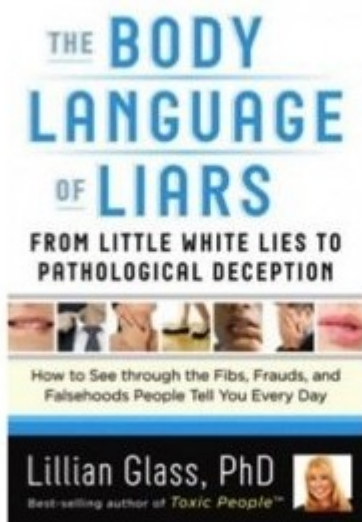


# 'The Body Language of Liars': Dr. Lillian Glass on Spotting Pretty Little Liars



Interview by [Lori](#)

[Bizzoco](#). Editorial by Kristin Mattern.

Respected body language expert Dr. Lillian Glass is a professional when it comes to reading through the lies people tell and discovering the truth hidden in their non-verbal movements. She has lectured on body language and deception at the FBI and has been a jury consultant, expert witness, and mediator. Already an author of over a dozen books, *The Body Language of Liars*, which comes out today, proves to be the one of the juiciest. The book focuses on photographs of

celebrities like Bill Clinton, Lance Armstrong, Kim Kardashian, and Lindsay Lohan, and Dr. Glass uses her skills to reveal the moments in which these famous individuals lied to their adoring public.

Dr. Glass also teaches her readers how to pick up on signals of deception. Analyze the body language of divorced couples like Tom Cruise and Katie Holmes to see how they're *really* feeling about each other. Plus, she provides the eight reasons why adults lie and tells you how to spot liars by looking at facial expressions, voice tone, speech content, and more. The author chatted with CupidsPulse.com in an exclusive interview and dished insider info on how to see through lying eyes and false statements.

**Related Link:** [Author Janine Driver Shows How Catching Someone in a Lie Can Save Your Relationship in New Book, 'You Can't Lie to Me'](#)

### **Tell us: Why *do* people lie?**

People want to make themselves look better in the eyes of another person. So they lie that they went to this party or that they met this person. People also lie to manipulate for bad reasons, to really do harm to other people. When you look at lying, it's not really a bad thing – nature even lies! If you look at cats when they sense an enemy, they puff out their fur to make themselves look bigger and more powerful. You see? That's lying.

### **What are some of the signs of lying?**

Well, there are four dimensions. You can't just look at one part of the elephant – you have to look at the body movement, the facial movement, the tone of voice, and the context. All of that together is what tells you if someone is lying or not. For instance, if I scratched my nose right now, that doesn't mean I'm lying. But if we were supposed to have a lunch date,

and you saw me at another restaurant, even though I had told you I wasn't feeling well, you busted me. If I scratched my nose while I was telling you my excuses, you know I'm lying because of the situation.

**Should you listen to your gut reaction when it comes to someone else lying?**

Yes. Your instincts kick in, and you know that you know what you know. You just don't want to believe it most of the time. For instance, when you watch the news and a celebrity you love comes on, you may see that they're lying. Because you don't want to see it, you continue blindly doing what you do.

It's the same in relationships, but the key is to observe *what is*, not what you want it to be. You can't be in denial. Your gut *knows*. There is a thing in your brain that's called the limbic system, and primitive men had it because they lived in a fight or flight world. Now what happens is other emotions come out. Whether it's anxiety, fear, or happiness, that reaction causes your muscles to move in a certain way. That's how body language happens; that's why the body doesn't lie.

**Speaking of relationships, what are some signs that someone's in love?**

First, they're going to lean towards you. You'll see their toes will be pointed right at you too. When I did celebrity analysis for different magazines and saw a couple whose feet weren't facing each other, I knew it was o-ver. Second, they're going to breathe differently, so the sides of the nose will flare a little bit more, but you'll also see a change in their breathing pattern. And third, you'll hear a softer voice tone.

**What body language should a girl look for if she thinks her significant other is going to break up with her?**

Usually, he doesn't have as much time for you. His tone of

voice changes too – he’s more monotonous in his speech patterns. He also has an edge to him, an attitude you’ve never seen.

**Related Link:** [Quickie Chick’s Video Dating Tips: ‘Bachelorette’-Based Ways to Know if He’s Using You](#)

**Anything else you want to share with our readers?**

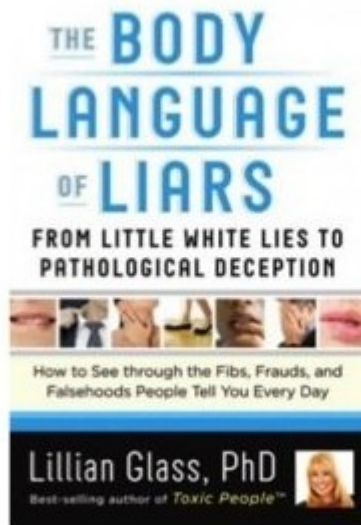
The message is really you’ve got to put your game on now. This is a new world, a new way to live, and with technology, if you don’t know how to spot deception, then you’re done. You won’t succeed in your professional life, in your personal life, in your family life. If you understand how to read people, especially if they’re telling the truth or not, it’s going to save you money, heartache, and so much more. You’re going to gain a lot as well.

The Body Language of Liars *is available today. To find out more about Dr. Glass, visit her website <https://www.drlillianglass.com/> or connect with her on [www.facebook.com/drlillianglass](http://www.facebook.com/drlillianglass) and Twitter @drlillianglass.*

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## **Dr. Lillian Glass Talks ‘Toxic Men’**





By Krissy Dolor

You've seen them on TV, at work, or maybe in your own home. You've dated them, worked for or with them, and have screamed at them from the comfort of your couch. Yet, women everywhere *still* put up with their crap. That's right – I'm talking toxic men, the men who have you feeling sad, angry and confused about who you are. Even worse, you may not even know that you're dealing with a toxic man! Lucky for you, Lillian Glass, PhD is here to help. In her latest book, *Toxic Men: 10 Ways to Identify, Deal with, and Heal from the Men You Make Your Life Miserable*, Dr. Glass helps you figure out what types of men are toxic to you, and ways to handle them when you have to, and dump them when you don't. What's more is that her training in body language can help you see the warning signs that are often masked with words. After reading the book ourselves, we have to say that Dr. Glass is spot on – we've even figured out the types of toxic men we should avoid at all costs (aside from the scary-sounding The Socio-Psychopath)! Dr. Glass took some time out of her busy schedule to chat with

us over the phone about her book. See what this best-selling author had to say:

**In the introduction to *Toxic Men: 10 Ways to Identify, Deal with, and Heal from the Men Who Make Your Life Miserable*, you mention that its predecessor, *Toxic People*, inspired you to write a book geared specifically to women. Do you think you will write a 'Toxic Women' book for men?**

I tell you, in all honest, the book should have been called *Toxic Men and Women*. It's really for both sexes. Even the men who read it are surprised at how it relates to both men and women. I think I may write a 'Toxic Women' book. Right now, *Toxic Families* is coming out, and then maybe 'Toxic Women.'

**When will *Toxic Families* come out?**

*Toxic Families* will be published in November by Adams Media, the same publishing company as the other books.

**You define 11 Toxic Types of Men. Aside from "The Socio-Psychopath," which just *sounds* awful, which of them do you think is the worst type and why?**

It's different for different people. Some people, they don't mind certain types that others mind. I myself don't like 'The Sneaky Passive-Aggressive Silent-but-Deadly Erupting Volcano,' I think they're sneaky and dangerous.

One of the things I do for people is make them write down, as an exercise, five men who absolutely, without a doubt, make your life miserable, since you were a child until now. Then, write down three adjectives next to them, and you'll see that there will be similar traits for each person. Like, oops – you know that's who to stay away from.

**The checklists of each trait from the 11 types of Toxic Men are helpful! But how can you tell the difference between**

**'normal' and 'toxic' behaviors, as many people – men *and* women – exhibit some levels of toxic behavior?**

It's consistency – how you feel around that person. If you consistently feel bad, or if your body starts reacting, that's how you know this is a toxic person.

**What do you say to women who are in denial about their involvement with a toxic man?**

You can be in denial, but the truth always, *always* prevails – it always prevails. Even if you think it's fine, it will come out in your behavior, health and other ways.

**What's the number one piece of advice you have for women dealing with toxic men?**

The number one thing is respect yourself. Don't let anyone abuse you, and don't think less of yourself!

**In addition to your books, you were also recently featured on an episode of Millionaire Matchmaker. What other projects do you have coming up this year?**

Well, definitely a lot more Millionaire Matchmaker with Patti this season, according to Patti, which is great! And I will also be doing a lot of media and doing a lot of projects, which will be very helpful to people.

Cupid's Pulse thanks Dr. Lillian Glass for her time! If you want to figure out which types of men you're toxic to, visit Amazon to purchase your copy of *Toxic Men: 10 Ways to Identify, Deal with, and Heal from the Men Who Make Your Life Miserable*. To read more about Dr. Glass, check out her website: <http://www.drlillianglass.com/>. Stay toxic free!