

You Can't Lie to Me

Janine Driver

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Observation to interrogation in five steps. *Hot spots* are suspicious behaviors. Memorable techniques are from handbooks for ATF, CIA, and FBI; situations from celebrities, politicians, and typical daily life in photos. Verbal and non-verbal clues spot liars. Micro-expressions betray face-to-face. Links to video exercises. Index.

You Can't Lie to Me Details

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Author : Janine Driver

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From Reader Review You Can't Lie to Me for online ebook

Capt. JD Morgan says

Advertisements for her other book, way too much personal crap that doesn't really add anything, all over the place writing, lack of facts and lots of self righteous opinions... I couldn't even get through whole book, I only made it a through a third of it before deciding that life is too short to waste another second on the crap in this book!!!

DO NOT READ THIS BOOK, IT BROUGHT DOWN THE VALUE OF THE PAPER IT WAS PRINTED ON!!!

I didn't get to it but I guess there is a part of the book where she busts her HUSBAND TO BE as a cheater in front of his at the time wife and then thinks it's a funny anecdote to put in the book...

REALLY??? WHY WOULD YOU READ THIS???

Laura says

This book builds on the author's first body language book, *You Say More Than You Think*, by also covering in greater detail: facial expressions, handwriting, and use of language. Pretty interesting stuff and I like that the author cautions readers to really know what they are doing with interpreting all of these factors, as falsely accusing can result in damaged relationships.

There's a LOT of information here so it is not simple to put it all into practice right away. Driver's mission is to give people a "BS Barometer" so that they can create more authentic relationships in their lives. There's an app you can get that has some videos and other tools to use for practice...which is good because some of the links she offers in the books are no longer functional.

I'm a fan of both of her books so far. Easy to read and I was amazed at all of the things I could tune into that were going on around me that I hadn't noticed before.

Bret Beynon says

Really basic interpretation of human communication.
No real insights.

Ana Raquel says

Este livro foi elaborado, de forma autodidáctica - para que o leitor adquira algumas técnicas e estratégias na detecção da mentira. É de fácil leitura, incide e tem como pano de fundo a Psicologia.

Adorei este livro, pela forma como foi construído, pelo carácter didáctico e prático que tem. E principalmente, por ter uma abordagem positiva e realista sobre a vida e tudo o que dela faz parte, como as

relações humanas.

Segundo a autora Janine Driver todos nós mentimos. Agora meus caros, há mentiras e mentiras. Por isso, é que é importante a detecção da mentira através da análise do comportamento verbal e não verbal das pessoas com quem nos relacionamos no dia-a-dia. E desta forma, evitamos cair e protegemos a nós e os nossos.

Leiam este livro, vale a pena :)

Jeremy David says

YOU CAN'T LIE TO ME, despite the author bragging about breaking up a couple, is a decent, resourceful tool to sorting out all of the dishonesty in your life. While this fight is nearly as pointless as the war on drugs, getting SOME semblance of control can't hurt anybody but the scum bullshitting you. Unfortunately being a man I felt out of place reading this because Janine Driver definitely is talking to women. In fact I don't think there was one single comment throughout this catered to males whatsoever. And with that, a lot of her methods are just incorrect. Especially the idea that truthful people NEVER get defensive when accused of something. Haha SUCH GARBAGE! When people don't believe anything you say over a lifetime you get to the point where the only thing LEFT is disdain for judgmental know-it-alls. Janine wrote this book in a BUBBLE! Grade: C+

Lim says

Meh

Briana Byington says

Recommend for all

Great for learning people and lies. I'd recommend for everyone for personal and professional use. I will probably will read multiple times a year

Ginger says

Driver expands the typical body language cues for lying into subtle deception detection cues covering micro-facial movements, gestures and changes in voice tone and language structure. She also provides links to web site video examples and exercises. This is a "good read" for all interested in sorting fact from fiction from an author with years of solid experience and the training of high-level professionals in the art and science of deception detection.

An Odd1 says

We can applaud the feel-good aim of more truth in our lives, but 4* topic denigrated by 1* style. Advertisement for edits and rewrites. Trashy infomercial pushy sell drowns whether common-(non?)-sensual sounding points work. Can one demonstrate a good grasp of this material by applying given techniques to the book itself? Text shows contradiction, inconsistency, exaggeration, over-convincing, deflection, others vouching. A weak five-step structure shakes down better as two: observe the norm, then differences at interrogation.

For a baseline, we start with informal questions, casual, relaxed. We watch for other red flags "hot spots" -- under the caveat no jumping to conclusions. A powerful person or psychopath may not show guilt. A subject's regular behavior may include such signs: sweat, gas, jitters p 162, shrugs, speedy or slow speech, evasion (eyes, posture), mismatch of microexpressions or body language from verbal. That our navels tend to point as do inner desires is dubbed "navel intelligence". Catchy nicknames help, buzz-babble does not.

Unscientific. Lacks statistics, studies, proof. "References", as in Wiki, should be backing sources, not "Power Team" p 133 mush praise. Indicative of falsehoods are shovelfulls of self-promotion. Name-dropping is wasted. Asking us to choose and copy strong *women* p 227 reveals direction bias, audience expected to be female - more names I've never heard of. Black and white photos - some clarify text about obvious hand positions (chest, fig-leaf), others are pointless (criminals, her family holiday). The grouping, structure for teaching, seems weak. Scattered boxes are useless. I'd like to try her "7-second fixes", but never see those situations - mechanic, car salesman. Mostly hodge-podge lists.

The final interrogation claims credibility from police interviews, primarily watching for previously cited signs. Not sure if I can implement, or need to. The procedure emphasizes to overwhelm by sheer quantity of questions. Ask open-ended questions starting Tell me, What do you mean, Repeat, Who What Why When Where How. If an answer should be only Yes-No, then more are lies. Asking for a story backwards breaks down rehearsed bosh. Do different questions get the same answer if they should? Made aware that questions can be slanted, how do we apply that revelation? Opposites include: How short/ tall, fast/ slow, hot/ cold, powerful/ weak, cute/ ugly, smart/ stupid, nice/ mean .. So?

Unproven handwriting examples still confuse, look arbitrarily excerpted

<http://www.michelledresbold.com/handw....> I see ambiguous letters, deliberate illegible scrawls deny culpability

<http://www.michelledresbold.com/handw....> I cannot see "Bee Stings"

<http://www.michelledresbold.com/hwd-t....> I can see her "Felon's Claw" in "d, f, g", a deflowered virgin's guilty grip, broken grasp, where lower loops turn to hooks, but where does Driver see them in "b, d, l, n" p 122? Where is any proof?

YouTube exercises may test how much I've learned -- or distract and detract. My long-ago training for distress phone help line was: stay quiet, listen, reflect back what I thought I heard. One step here is also to wait.

Could we practice until recognition of lies is unconscious, instant? So what if we do know? How do we cope? Walk away? From family? superiors? Infinite topics only slightly addressed.

Games distract, practice our observation skills. Ask someone to repeatedly hold a coin/thing behind their back in one hand, you guess, they reveal. Keep watching for "tells", hints toward one side p 93. Epilogue is "Using your powers for good", pop psychology "be your best self" advice, optimistic reasoning that our own individual honesty can better the world.

"The only thing needed for the triumph of devil is for good men to do nothing" - Edmund Burke

Tony says

Great book. Thanks for sharing your experience Janine!

Started practicing the lessons. have seen some benefits.

September says

I have to say that I was pleasantly surprised when I learned the direction Driver took. This book is not a witch hunt for liars, which I hate to admit, is a large percentage of why I picked the book up. But I discovered something better when Driver explained that to uncover the liars in our lives, we need to seek out truth.

Janine not only takes you on a journey of self-reflection and growth, but she teaches you accessible techniques for reading body language, vocal cues, statement analysis, and more. She's labeled or itemized every aspect with easy to remember names, making them easier to study and remember.

I really feel that what the reader gets out of this book is highly dependent on how much he/she is willing to put in. The more I label something I've witnessed and say "why" I've labeled it as such, the stronger my BS Barometer is becoming.

It may seem like make work, but having put in the work I'm telling you it's anything but. Treat this like a textbook, and you'll be very pleased with the results.

An invaluable read that I will continue to keep handy for a time, as I continue to improve my BS Barometer.

Driver has a new fan, of her knowledge, & packaging for sharing that knowledge.

Margaret Page says

Not just a book of pictures to memorize that this body gesture means that. Instead a book where metaphors, imagery and stories are used to insure the reader masters the art of reading the body.

Haley says

I've read a few books that are supposed to tell you how to spot liars in your midst and this is definitely the best.

This is the only 'spot the liar' book i've read with such a focus on establishing the 'baseline' before being able to tell anything effectively. Which is so true and so important, just because someone won't my eye contact or is biting their nails doesn't mean their nervous and lying to you, it could just be the way they are normally. It's so clear and I can't believe so many others either don't have the baseline or certainly don't emphasise its

importance nearly enough!

Ev says

This book was hyper-marketed, and the reader gets the feeling, ironically, that you are not being told the whole truth. Driver reiterates that she is beholden to retain certain confidential discoveries related to body language, in the context of her formal training with intelligence, law enforcement and government entities. However, she seems to push her own school of body language for further knowledge, which comes across as sales-y.

I'll tell you the secret of the book - which she dangles like a super-tease throughout, as the most reliable way to tell someone is lying: change in voice intonation. If someone changes the pitch of their voice suddenly, it is almost guaranteed they are fibbing. But then again, as she reiterates throughout the book, there is no 100% indefatigable way of knowing whether someone is lying - we homo sapiens have perfected the art over the millennia. Your best bet is to obtain an individual's "baseline" behavior - a.k.a., know them.

For me, this book was a bit like the film, Citizen Kane. It's "Rosebud". There, I just saved you three hours.

Sheng says

With a string of impressive credentials behind her including working for the FBI and CIA, Janine Driver's *You Can't Lie to Me* is a comprehensive guide on lie detection. From outlining a five-step procedure in determining the honesty of your subject to dispelling some common myths about liars' tells, Driver does a fine job in trying to distill everything that you need to know about lying. I didn't expect the procedure to be so detailed and was perhaps expecting something simpler like obvious signs that give away a liar's dishonesty but I think maybe the reason why Driver is so good at what she does is because she treats each case individually. She emphasises a lot on forming a baseline for every individual you come across so that you know what to regard as normal and suspicious behaviour from him or her. A less confident person may avoid eye contact normally while a confident person may sustain eye contact as part of their natural behaviour. It is deviation from these individualistic norms that we need to keep an eye out for.

Besides some weird and frankly a little out-of-place testimonials from participants in Driver's lie detection workshops, the book was quite interesting and informative though a little dry at times. It is definitely an impressive textbook for lie detection that taught me many concepts and lessons which I ultimately have no idea how to apply into my day-to-day life as a student. 3.5/5
