

Macro Expressions:

- Obvious or “normal” facial expressions
- Last between *$\frac{1}{2}$ a second and 4 seconds*
- Match the content and tone of what is said



Micro Expressions:

- Often missed or misinterpreted
- Last between *$\frac{1}{15}$ and $\frac{1}{25}$ of a second*
- Display a consciously or unconsciously concealed emotion



Guide How To Micro Expressions

Paul Ekman, Wallace V. Friesen



Guide How To Micro Expressions:

Guide How To Micro Expressions Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Guide How To Micro Expressions**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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