

# Amy Cuddy

## Quotes

*People, Thinking, Motivation, Inspiration, Self, Feelings, Mind, Goal, Body,  
Mean, Ideas, Tiny, Touching, Bigs, Race, Shapes, Stressful Situations, Why  
Not, Self Esteem, Influence*

Don't fake it till you make it. Fake it till you become it.

~Amy Cuddy

Our bodies change our minds and our minds can change our behavior and our behavior can change our outcomes.

~Amy Cuddy

Trust is the conduit for influence; it's the medium through which ideas travel.

~Amy Cuddy

Your body language shapes who you are

~Amy Cuddy

Tiny tweaks can lead to big changes.

~Amy Cuddy

Our nonverbals govern how other people think and feel about us.

~Amy Cuddy

When we think of nonverbals, we think of how we judge others. We tend to forget, though, the other audience that's influenced by our nonverbals: ourselves.

~Amy Cuddy

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