

MARCH 2000

marie claire

Find your best haircut

+ 10 TIME-SAVING TRICKS

WHAT OTHER WOMEN REALLY EAT

Suddenly frozen: Brooke Shields' Arctic diary

What looks sexy?

Men tell all
Look better from behind

YOUR SEX LIFE

HOW OFTEN?
HOW GOOD?
HOW ORGASMIC?

BEAT STRESS, BANISH WORRY

Men confess:
The lies they hope to get away with

FASHION

473

BEST BUYS AT EVERY PRICE

+save 20% on fashion

\$2.50



0 75470 08530 7

What's the last LIE you told?



Shelby

(24, book publicist)

I told my ex-boyfriend that I was engaged. I had to see him, so I wore a fake ring and everything.



Dan

(25, musician)

My girlfriend asked me if I had emptied the trash. My instantaneous reaction was just to answer yes, even though I really hadn't. She then walked over to the garbage can and, of course, it was full.

Michael

(30, architect)

I told a girl that I was confused about my feelings for her. But I wasn't. I knew I never wanted to see her again.



HOW TO SPOT A LIAR

■ Notice body language.

"Liars are so concerned with their verbal message, they forget about non-verbal cues," says polygraph expert and forensic scientist Sigi Horowitz. Liars will cross and uncross their legs, lick their lips and shift uncomfortably.

■ **Watch the nose.** A recent University of Chicago study shows that when people lie, nasal tissue becomes engorged with blood and expands slightly. Liars are then drawn to touch or scratch the tip of their nose.

■ **Liars need time.** Liars take longer than normal to answer questions—mainly because they need to come up with a convincing explanation. They may hesitate, clear their throat, swallow often or respond with a time-killing phrase.

■ **It's in the eyes.** "Someone who can't stop staring at you straight in the eye is just as questionable as someone who makes no eye contact at all," says Horowitz. Also, rapid blinkers are usually thinking hard about what to say.

■ **Liars go to extremes.** They are either too vague or give unnecessary details.

■ **Trust your instincts.** If you suspect someone's lying, you're probably right.

—Rebecca Raphael



Trudi

(33, marketing vice president)

A good friend of mine is expecting a baby any day now. I had my first child about four months ago. When my friend asked me what to expect, I told her it wasn't that painful. And that was a big fat lie!



Miyuki

(36, actress/singer)

I told a classmate who was 24 or 25 that I was the same age.



Kevin

(32, bar owner)

My last lie was actually last night.

I was talking to a young lady and I didn't want her to know I was married. So when she asked me about my wedding ring, I told her I found it.



Ortelio

(24, fitness club manager and personal trainer)

I lied about when I lost my virginity. My little cousin asked me and I told him I was 18 when I was really 14 going on 15.



Fabienne

(30, associate art director)

Lots of artists and designers send me samples of their work because they want a job at our magazine. I received many samples from a guy whose work was really bad. Instead of telling him that, I said when the next project comes up, we'll give him a call. Basically, I let him down easily.



Lucy

(26, personnel asst.)

The last lie was about my weight. I was at the doctor's office and lied to the nurse. She made me get on the scale anyway, so it was a useless lie. □