

MIMIK RESONANZ[®]

Die Wissenschaft hinter der Mimikresonanz[®]-Methode

Literaturverzeichnis der Mimikresonanz[®]-Profibox



Vorwort

„Wir sind gleichsam Zwerge, die auf den Schultern von Riesen sitzen,
um mehr und Entfernteres als diese sehen zu können.
Freilich nicht dank eigener scharfer Sehkraft oder Körpergröße,
sondern weil die Größe der Riesen uns emporhebt.“
Bernhard von Chartres, um 1120

Der Wert eines Seminars oder eines Buches misst sich daran, wie viele Bücher oder Studien Sie nicht mehr lesen müssen, wenn Sie dieses Seminar besucht oder dieses Buch gelesen haben.

In diesem Heft finden Sie das vollständige Literaturverzeichnis der Mimikresonanz-Profibox und damit ein Verzeichnis der wichtigsten Studien, die hinter der Mimikresonanz-Methode stehen. Ich habe darin die Erkenntnisse und Forschungsergebnisse aus über 1.200 aktuellen wissenschaftlichen Studien aus dem Bereich der nonverbalen Kommunikation und daran angrenzenden Forschungsbereichen verarbeitet. Ebenso beinhalten die Mimikresonanz-Profibox sowie die Mimikresonanz-Methode die Essenz meiner jahrelangen Erfahrung und unzähliger nonverbaler Analysen und Trainings, die ich durchgeführt habe – unter anderem für die Polizei und Justiz.

Ich wünsche Ihnen beim Studium und Trainieren der stillen Sprache, die uns seit Anbeginn der Menschheit verbindet, viel Freude und Inspiration.

Herzlichst
Ihr Dirk W. Eilert



Die Mimikresonanz-Wortwolke: die meist genutzten Wörter in der Profibox

Studienüberblick

Damit Sie sich schnell einen Überblick über die wissenschaftlichen Studien der Mimikresonanz-Profibox verschaffen können, finden Sie hier einen Überblick der wichtigsten Eckdaten und Eigenschaften der Quellen.

Nicht nur Quantität, sondern auch Qualität

Der Literaturumfang der wissenschaftlichen Quellen, die in die Mimikresonanz-Profibox eingeflossen sind, ist gewaltig: 1.265 wissenschaftliche Studien, Fachbücher und -artikel. Davon sind 23 Studien sogenannte Meta-Analysen. Meta-Analysen sind Studien, in denen teilweise über 100 Studien zusammengefasst wurden, was die Menge der verarbeiteten wissenschaftlichen Arbeiten noch weiter erhöht.

Aber nicht nur die Quantität der Studien spielt innerhalb der Profibox eine große Rolle, auch die Qualität muss stimmen. Bei der Auswahl der wissenschaftlichen Arbeiten haben wir stets darauf geachtet, dass ein Großteil der Studien aus Peer-Reviewed Journals stammen. Peer-Review ist ein Verfahren zur Qualitätssicherung einer wissenschaftlichen Arbeit durch mehrere unabhängige Gutachter desselben Fachgebiets.

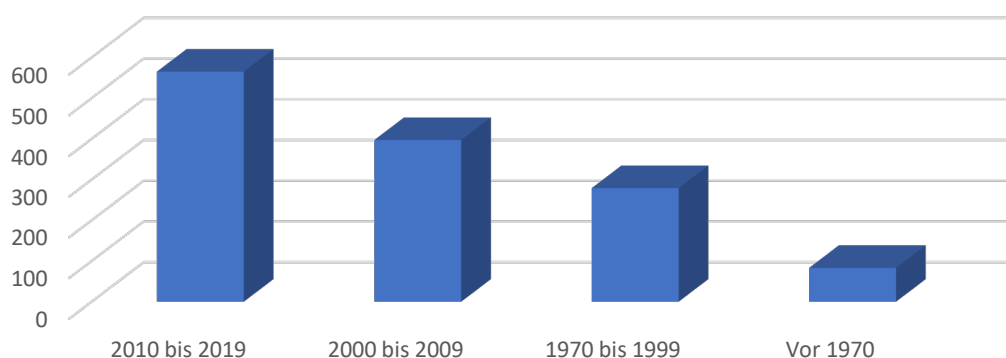
Über 150 Jahre Mimikresonanz-Forschung

Die Mimikresonanz-Profibox baut auf 157 Jahren Forschung rund um das Verstehen menschlichen Verhaltens auf. Die älteste Studie der Profibox stammt aus dem Jahr 1862 und wurde von Guillaume-Benjamin Duchenne zu seinem berühmten Duchenne-Lächeln veröffentlicht.

Immer auf dem aktuellsten Stand

Die Forschung rund um Mimikresonanz entwickelt sich immer weiter. Seit dem Erscheinen des ersten Mimikresonanz-Buches im Jahr 2013 wurden Hunderte neue wissenschaftliche Arbeiten veröffentlicht, die uns menschliches Verhalten noch tiefgreifender verstehen lassen. Die neuen Entwicklungen der Mimikresonanz-Forschung nehmen einen großen Anteil in der Profibox ein. Über 30 Prozent der wissenschaftlichen Studien in der Profibox sind zwischen 2013 und 2019 veröffentlicht worden.

Zeitliche Verteilung der Studien



Mit Wissenschaft Körpersprache-Mythen entzaubern

Es sind nach wie vor viele Glaubenssätze über konkrete nonverbale Signale verbreitet, die faktisch falsch sind. In der Mimikresonanz-Profibox finden Sie 25 Körpersprache-Mythen, die mithilfe der aktuellen Forschungslage zur nonverbalen Kommunikation entzaubert werden.

Die Riesen, auf deren Schultern wir stehen

In der Mimikresonanz-Profibox sind die wissenschaftlichen Beiträge von mehreren Hunderten Forschern verarbeitet. Sie sind die Riesen, auf deren Schultern wir stehen. In der folgenden Tabelle finden Sie die Top 10 der meistzitierten Forscher in der Profibox.

Die Top 10 der meistzitierten Forscher

Platz	Name des/r Forscher/in	Anzahl der Referenzen
1	Dacher Keltner	30
2	David Matsumoto	21
3	Aldert Vrij	19
4	Jessica Tracy	18
5	Paul Ekman	18
6	Wallace Friesen	12
7	Hyisung Hwang	12
8	Susan Fiske	11
9	John Gottman	9
10	Hedda Lausberg	7

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