

The Nose Knows: Your Breath Is More Important Than Your Babble

(NAPSA)—While many people worry about saying the wrong thing in conversations, a recent study shows that your words may not be as important as your breath. In fact, 82 percent of people surveyed say bad breath is a conversation stopper and more than two-thirds of people say they avoid close conversations if they have eaten certain foods.

Explains Jai Rodriguez, culture guru on Bravo's *Queer Eye for the Straight Guy*, "Who wants to have a face-to-face conversation with someone when their breath smells like onions or stale coffee? Popping an Eclipse Mint before any conversation is the first step to a stimulating discussion."

Rodriguez is far from alone—65 percent of people say that they feel more confident about their ability to have a conversation because they just had a mint or piece of gum. According to Rodriguez, offering someone a mint during a meeting, on a date or even at the bus stop can be a great way to generate conversation. What's more by sharing, you show that you have good manners.

Rodriguez likes new Eclipse Mints (in peppermint and winter-frost) because they are sugar-free and refresh breath—without the burn.

Here's more helpful advice the next time you're looking for some hints to great gabbing.

You can check out Rodriguez's guidelines for confidence in culti-

vating conversations at parties, with work colleagues or even with someone you just met.

Top 10 Conversation Tips

First Impressions Count. Body language is key. Chin up, chest out and with a hint of a smile, you'll own any room.

The Golden Rule. Offer someone an Eclipse Mint at a party, on a date or anywhere! It's a great way to generate conversation.

Come and Go. At group events, think "smile, make eye contact, shake hands" when you first meet someone and again when you leave.

Body, Body. In conversation, keeping your arms folded and close to your body says you're not open to more. So open up!

People, People Who Need People. A great way to start a conversation is to ask questions that allow people to talk about themselves.

Connect—Don't Neglect. When hosting a party, try to spark conversations with each guest. Introduce guests to one another, too!

Common Denominator. To keep a conversation going, identify a shared interest like sports, cooking, or travel.

Take Turns. For a good conversation, make sure to take turns speaking and listening. Talking someone's ear off is not attractive.

News You Can Use. In this day and age, knowing what's going on in the world will always give you conversation starters.

Pay Attention. In conversation, be animated, listen closely and ask questions! Remember, conversation is about back and forth, listening and talking.

