

I'm not robot!



Standing with one hand to face, other hand to arm

Model standing, head tilted toward left shoulder. Right hand reaching toward, but not touching chin with fingers fanned. Left hand resting on right arm at the wrist with fingers fanned.

Lighting/Set-up

This image is backlit, with the light coming through the leaves on the trees. A 2ftx3ft silver-gold reflector is used to the left of the camera to bounce light back into the face. If the fill is too strong, the light is feathered (turned away) for a more subtle light source. A silver or silver-gold mix reflector, approx 32 in would also be acceptable. By using a wide aperture, the backlit leaves on the trees creates a pleasant texture caused by the bokeh of the lens. Here I held a crystal to the side of the lens. This creates the light-streak effects in camera to add visual interest.

Camera Info

Lens 85 mm 1.4
Aperture f/2.5
Shutter Speed 1/1600 sec
Focal Length 85 mm
ISO 400
Camera Angle eye level

Effects

Decreased contrast, enhanced softness.



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Sitting Pose

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- 32...Sitting on bench, both knees bent, elbow to back on bench, one loose
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Laying Pose

- 44...Laying with knee up
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- 46...Laying on the ground, propped on one elbow, other hand over
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- 48...Laying, hand propping up head
- 49...Laying, face up, propped on elbows
- 50...Laying on the ground, propped on elbows





Lindsay adler the photographer's guide to posing techniques to flatter everyone. Lindsay adler facts. Lindsay adler posing guide pdf. Lindsay adler the photographer's guide to posing.

When photographing people, you can have a great composition, perfect light, and the right camera settings, but if your subject doesn't look right—if the pose is off—the shot will not be a keeper. Posing is truly a crucial skill that photographers need to have in order to create great photographs. If you're looking to improve your ability to pose your subjects—whether they're men, women, couples, or groups—best-selling author and photographer Lindsay Adler's *The Photographer's Guide to Posing: Techniques to Flatter Everyone* is the perfect resource for you. In the first half of *The Photographer's Guide to Posing*, Lindsay discusses how the camera sees, and thus how camera angle, lens choice, and perspective all affect the appearance of your subject. Lindsay then covers the five most important things that ruin a pose—such as placement of the hands, and your subject's expression and posture. If you can look out for and avoid these five things, your skills (and your images) will quickly improve. Next, Lindsay dives into "posing essentials," outlining her approach to start with a "base pose," then build on that to create endless posing opportunities. She also discusses posing the face—with specific sections dedicated to the chin, jaw, eyes, and forehead—as well as posing hands. In the second half of the book, Lindsay dedicates entire chapters to posing specific subject matter: women, men, couples, curvy women, families and small groups, and large groups. In each chapter, Lindsay addresses that subject matter's specific challenges, provides five "go-to poses" you can always use, and covers how to train the eye to determine the best pose for your subject(s). In the final chapter of the book, Lindsay brings it all together as she teaches you how to analyze a pose so that you can create endless posing opportunities and continuously improve your work. Showing 1-30 Start your review of *The Photographer's Guide to Posing: Techniques to Flatter Everyone* Jun 16, 2019 Danielle Cumberland rated it it was amazing Simply the absolute best book on photographic posing I have ever seen. I love the author's very sensitive handling of the range of body shapes and sizes that exist in reality. I love that, for example, she uses a couple who are not Barbie-Ken perfect; the woman is taller than the man and the man is less glamorous than the woman, but she deftly demonstrates posing fixes to show the couple off to best advantage, minimizing their weaknesses. It's freakin outstanding! I will refer back to this book again and again, reminding myself of posing pointers whenever I will be photographing people. PS.: I have also kept certain things in mind when other people take pictures of me! I was much happier with how I looked in photos taken at my son's graduation, simply because I did not stand flat-footed and I was careful to keep negative space between my arm and my body. ...more This book is amazing. I have never seen another book that has such details in explaining why one photograph of a person looks good and another just doesn't work. It is about training you eye and it gives practical advise on how to improve any photo. Recommended for anyone that wants to take a great photo or just wants to look better in one. - Wendy M. This book is amazing. I have never seen another book that has such details in explaining why one photograph of a person looks good and another just doesn't work. It is about training you eye and it gives practical advise on how to improve any photo. Recommended for anyone that wants to take a great photo or just wants to look better in one. - Wendy M. ...more Aug 28, 2018 Bryan rated it really liked it This is the second book I have read on posing this year. I learned a wealth of information! (The other was "Picture Perfect Posing" by Roberto Valenzuela) I plan to order a copy and keep it as a reference! have read a few other books on posing and nothing compares to these two. Must read material for any photographer/model wanting to really step their game up. After reading both books I have seen how my eye has picked things up and I am way more critical of the work I come across. Including my own This is the second book I have read on posing this year. I learned a wealth of information! (The other was "Picture Perfect Posing" by Roberto Valenzuela) I plan to order a copy and keep it as a reference! have read a few other books on posing and nothing compares to these two. Must read material for any photographer/model wanting to really step their game up. After reading both books I have seen how my eye has picked things up and I am way more critical of the work I come across. Including my own work!! This was just the book I needed to challenge my thinking and posing. ...more As a novice, I was almost never happy with the portraits that I took. Like many new photographers, I got a more expensive camera, and thought that more costly hardware would surely "cure" my portraits. Then I invested in a posing course on CreativeLive taught by Lindsay Adler, and that changed everything - it changed my planning, my process, and most importantly, it changed the way that I see. This book is Lindsay's posing bootcamp on paper, and this book paired with Roberto Valenzuela's "Picture Perfect Posing" comprise "cure" my portraits. Then I invested in a posing course on CreativeLive taught by Lindsay Adler, and that changed everything - it changed my planning, my process, and most importantly, it changed the way that I see. This book is Lindsay's posing bootcamp on paper, and this book paired with Roberto Valenzuela's "Picture Perfect Posing" comprise my posing bible. Lindsay discusses the importance of understanding how the camera sees, and uses those principles to provide guidance on lens choice, shooting angles, and how to flatter subjects in a variety of scenarios. The book has photographic examples of practically every concept. I hate to enter the "date finished" field here, because it's a book that I return to before each session, and it definitely makes my sessions better than they would have been without it. ...more Dec 21, 2020 Warren rated it it was amazing - review of another edition Exactly what I had hoped for! think most photographers are always learning and growing, and I'm no different. While landscapes and animals have been my go to subjects, I have always wanted to learn the art of posing and photographing people. It was intimidating. These are real human beings with real feelings, and it's scary to think that I might make them look less than their best. If you're struggling with the same feeling, this book will help immensely. It offers wonderful advice and examples. Exactly what I had hoped for! think most photographers are always learning and growing, and I'm no different. While landscapes and animals have been my go to subjects, I have always wanted to learn the art of posing and photographing people. It was intimidating. These are real human beings with real feelings, and it's scary to think that I might make them look less than their best. If you're struggling with the same feeling, this book will help immensely. It offers wonderful advice and examples. Heck, it even has a simple checklist for things that, frankly, would never have crossed my mind. Will the book make you awesome at shooting portraits and poses? Of course not. But with these tips, and a lot of practice, you'll be well on your way. I am grateful to Lindsay for putting this book together. I highly recommend it. ...more This book is extremely useful to me...It was easy to read both sequentially and bopping around. I shoot a lot and Lindsey helped me to scoop organize and integrate experiences I've created in a way that I might learn more looking back. Thanks Lindsay, I look forward to your next book! Sep 02, 2017 Rebecca rated it liked it I'll see if this is helpful for me after I take some photos. :) The author explains why certain poses work, and others don't, through helpful photographs. There is a lot of repetition of the concepts, which is a very good thing. I'll see if this is helpful for me after I take some photos. :) The author explains why certain poses work, and others don't, through helpful photographs. There is a lot of repetition of the concepts, which is a very good thing. ...more Jul 21, 2019 Christine rated it it was amazing Simple enough a cavewoman (me!) can use it. So much here that I am taking notes to use on my next attempt at making people look good on camera. Also looking to see if this author has any other books. Jul 10, 2020 Chloe rated it it was amazing High-quality book/print and heavy to carry around. Is it worth a read? Absolutely, must-have for any portrait photographer! Nov 02, 2020 Lis rated it really liked it A very good start for beginners. It's easy to understand and have plenty of examples. A very good start for beginners. It's easy to understand and have plenty of examples. ...more Aug 03, 2020 Michael rated it it was amazing Second book on posing that I have read this summer and the one where I really picked up a wealth of information. I really recommended it to anyone looking to improve their understanding of posing. Jan 18, 2018 Kathleen Messmer rated it it was amazing Wow! Who knew there was so much detail to a pose? Every photographer should read this book even if you don't photograph people. So much good information! Elsie Grace rated it really liked it Sep 22, 2019 Glenn rated it liked it Oct 12, 2021 Melissa rated it really liked it Jan 15, 2018 Kaylin rated it it was amazing Jul 16, 2021 Yamaris rated it it was amazing Nov 30, 2021 Lisa rated it it was amazing Oct 26, 2021 Katain rated it really liked it Oct 14, 2020

