**Guilty pleasures: Can you make a convincing liar?**



(Stormy beginning) Whoever says honesty is the best policy is probably lying right there. Lying is a vital, smoothing part of the social fabric. The average UK adult ***admits to lying*** 10 times a week – even if these tend to be little white lies, like inventing reasons for not answering a phone call. These fibs are surprisingly easy to get away with. While contrary to popular opinion, says Robert Feldman of the University of Massachusetts Amherst that Shifty eyes or showing anxiety – behaviors commonly associated with lying – aren't consistent indicators and we are hopeless at detecting lies !