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Poker tells are a tricky topic. Most beginners put way too much credence into tells early in their poker journey. Eating an Oreo cookie could mean someone has a strong hand in the movies, but in real life not so much. But many experienced pros focus solely on playing a good strategy, completely ignoring live poker tells in the process. The correct path is somewhere in the middle focusing on strategy while also considering tells when they present themselves. Which common poker tells deserve your attention? We've brought in acclaimed poker tells expert Zach Elwood to help answer this question. Zach runs a training site that focuses on poker tells, and his content has been recommended by many very successful pros. Now, let's kick it over to Zach. Note: Level-up your poker strategy with the 10 Laws of Live Poker. This free guide reveals powerful tactics that are extremely effective in live cash games. Plus, mental game tips that will help you stay cool and confident even when you're running bad. Get the 10 Laws for free now! Hey Upswing readers! I'm Zachary Elwood. I'm here to share a new, updated list of the top 7 most useful poker tells. I chose these tells because they are common or reliable, or both. First, a little about my expertise on the subject. After my first book Reading Poker Tells was well-received in 2012, I knew I would only be writing more books if I had something new and interesting to say. In 2013, I spent 8 months straight, full-time (50+ hours a week, no TJ T* BT writing the book Verbal Poker Tells. I didn't plan on spending that long, but as I watched a lot of televised poker and took notes as I played, I found there was a lot more to say about verbal patterns than what I'd initially imagined. Some of the tells below may seem common-sense when reading them, but I've found when you really start