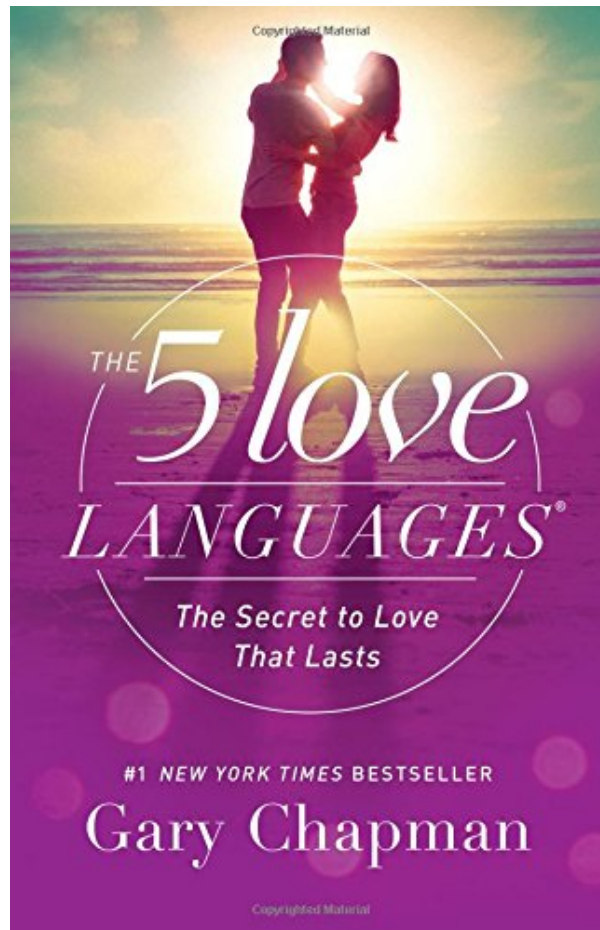
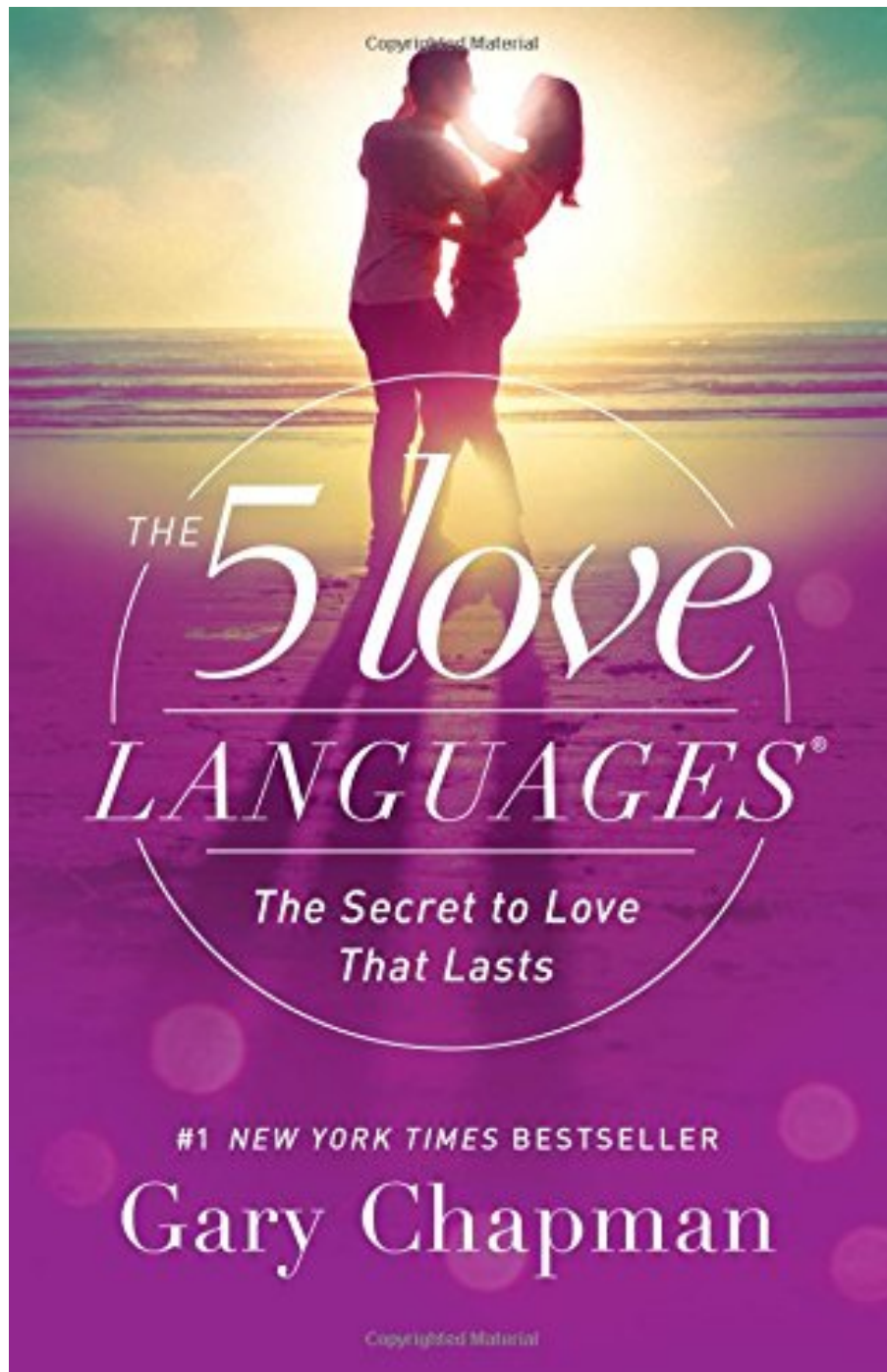


THE 5 LOVE LANGUAGES: THE SECRET TO LOVE THAT LASTS BY GARY CHAPMAN



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- classic, yet timeless design
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Simple ideas, lasting love

Falling in love is easy. Staying in love—that's the challenge! How can you keep your relationship fresh and growing amid the demands, conflicts, and just plain boredom of everyday life?

In the #1 New York Times bestseller *The 5 Love Languages*, you'll discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner—starting today.

The 5 Love Languages is as practical as it is insightful. Updated to reflect the complexities of relationships today, this new edition reveals intrinsic truths and applies relevant, actionable wisdom in ways that work.

Includes the Couple's Personal Profile assessment so you can discover your love language and that of your loved one.

- Sales Rank: #20 in Books
- Brand: Moody Publishing
- Published on: 2015-01-01
- Released on: 2015-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .39" w x 5.50" l, .45 pounds
- Binding: Paperback
- 208 pages

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870 of 916 people found the following review helpful.

Learning to Speak

By Eleanor

The main idea behind this book is that just as people have unique personality preferences, we all have unique preferences for what we find satisfying and motivating when it comes to love. Your love language is the way that you most feel loved and cared for. The problem is most people love how they want to be loved, and that doesn't tend to align with how their partner wants to be loved. So, you have to learn to speak your partner's love language. The author also believes that focusing intently on speaking the love languages will rekindle relationships where people don't even seem to like each other anymore.

My only critique is that they didn't focus more on understanding and discussing your emotions. For this you

and your partner should read Emotional Intelligence 2.0. It did wonders for my husband and I.

The relationship expert who wrote the book arranges the book into the five love languages, and provides quizzes to help you determine which language you are:

- Words of Affirmation:

If this is your love language, you feel most cared for when your partner is open and expressive in telling you how wonderful they think you are, how much they appreciate you, etc.

Basically, they find ways to remind you that their world is a better place because you are in it.

- Acts of Service:

If your partner offering to watch the kids so you can go to the gym (or relieving you of some other task) gets your heart going, then this is your love language.

- Affection:

This love language is just as it sounds. A warm hug, a kiss, touch, and sexual intimacy make you feel most loved when this is your love language.

- Quality Time:

This love language is about being together, fully present and engaged in the activity at hand, no matter how trivial.

- Gifts:

Your partner taking the time to give you a gift can make you feel appreciated.

E.

884 of 939 people found the following review helpful.

Where's The Needle On *Your* Love Tank?

By Janet Boyer

How's your relationship with your mate? Your children? Your parents? Your siblings? It may be a matter of the state of the "love tank".

Author Gary Chapman in his book *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* believes everyone has a love tank, and that tank is filled by different love languages. These five languages are Gifts, Words of Affirmation, Quality of Time, Acts of Service, and Physical Touch.

Often, we tend to give love in the languages we are most fluent in, which usually ends up being the languages that fill up our love tank. This would be why a husband who does yard work, dishes, car maintenance, etc. (Acts of Service) is floored when his wife says "You never show me you love me. You never cuddle with me, or caress my hair, or make the first move for sex." (Physical Touch). Or, "Why don't you spend time with me? Why do you work so much?" (Quality Time). And, "Why don't you buy me flowers? Why don't you ever get me cards or balloons...just because?" (Gifts) Or "You never tell me what I mean to you. Why don't you ever share with me what I mean to you, or what my good qualities are?" (Words of Affirmation) But, if her language is primarily Acts of Service, she'll feel so loved and honored because her husband does so many things for her, and thus feels "full" in her love tank.

This may not sound like a big deal, but considering the divorce rate is 50% (as one relationship instance), and so many seem to be unhappy with their primary relationships, the concept of love languages may very well be a significant factor in understanding self and others, and in relationship growth. Perhaps relationships get rocky or arrive at an impasse because individuals are speaking a different love language than what fills up the "love tank" of the object of their affection...and a result, the recipient doesn't feel loved. It's not that

they feel empty and unfulfilled because love isn't being given, but because the language "spoken" is not something that registers to the recipient as a form of love.

Chapman further theorizes that we usually have 2 main love languages that fill up our tank. He also says that if a person has a hard time identifying their main love languages, they've either been on empty for so long and are out of touch with their needs, or they have been so filled up by their spouse, that all 5 languages tend to speak to them equally.

A story in the book that illustrates the love tank theory is the "burnt toast syndrome". A woman was sick in bed. Her husband would always bring her burnt toast to her when she was ailing. She was so hurt and offended by this repeated insensitivity and ignorance, that she finally burst into tears one day, and asked him why he did that...and didn't he care? She was floored to hear him say "I'm sorry honey. I had no idea. Burnt toast is my favorite, and I gave you what I would consider my favorite breakfast...burnt toast."

Chapman writes: "When your spouse's emotional love tank is full and he feels secure in your love, the whole world looks right and your spouse will move out to reach his highest potential in life. But when the love tank is empty and he feels used but not loved, the whole world looks dark and he will likely never reach his potential for good in the world."

I recommend this book highly. It could very well be a relationship saver!

727 of 778 people found the following review helpful.

Saved my marriage

By A Customer

This book is absolutely incredible. Having serious marital problems, I was desperate for any kind of help. I was about to turn to counseling when I heard about this book. I decided to buy it so that my husband and I could read it together.

Not expecting too much, one lazy morning I suggested to my husband that we lay in bed and begin reading this book out loud to eachother. We read 120 pages that morning! We could not put it down! Both of us shed a lot of tears that morning, this book really hit home.

That morning when we woke up, everything seemed hopeless for us. After reading this book, we had hope that our problems can be resolved. Our attitude toward eachother has greatly changed since we read this book.

Basically this book explains that people feel loved in different ways. For example, my love language is "quality time" and my husband's love language is "personal touch." Without quality time with my husband, I feel unloved... my husband feels unloved when we have a lack of physical contact. Our love languages are so different... before reading this book, I just thought that my husband wanted more sex for selfish reasons. When in reality, personal contact is what he needs to feel loved. Before reading this book, my husband hated when I nagged about spending time together.. but now he realizes that spending time with me is the best way to tell me that he loves me.

Dr. Chapman says in this book that LOVE IS A CHOICE. Find your partner's love language style, then choose to show love to your partner in that way (it's not about what YOU need to feel loved, it's about what YOUR PARTNER needs). I thought that spending quality time with my spouse was the way I can show him I love him. In reality, that's MY love language, not HIS.

Even if your partner does not want to read this book with you, there are ways you can begin to repair your marriage on your own, and before you know it, your partner will begin to reciprocate.

This book is INCREDIBLE. I plan to pass it around my friends and family. Please invest the \$12 and read this book, your marriage will never be the same again!

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