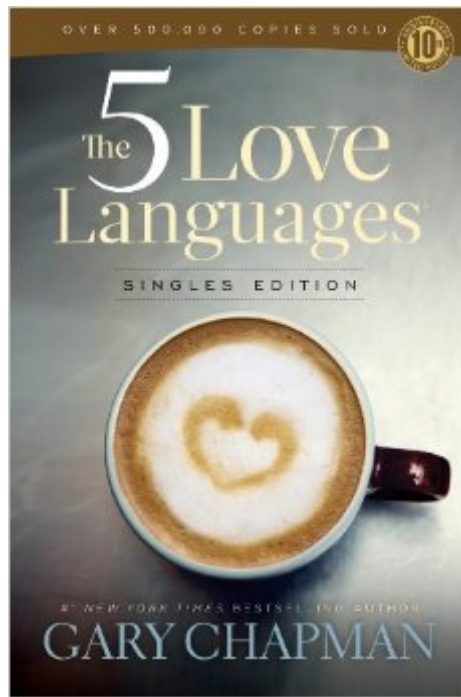


The book was found

The 5 Love Languages Singles Edition



Synopsis

This simple concept can revolutionize all your relationships!"Nothing has more potential for enhancing one's sense of well-being than effectively loving and being loved. This book is designed to help you do both of these things effectively." -Gary Chapman
With more than 10 million copies sold, *The 5 Love Languages* continues to strengthen relationships worldwide. Although originally crafted with married couples in mind, the love languages have proven themselves to be universal, whether in dating relationships or with parents, coworkers, or friends. The premise is simple: Different people with different personalities express love in different ways. Therefore, if you want to give and receive love most effectively, you've got to learn to speak the right language. *The 5 Love Languages* Singles Edition will help you . . . Discover the missing ingredient in past relationships Learn how to communicate love in a way that can transform any relationship Grow closer to the people you care about the most Understand why you may not feel loved by those who genuinely care about you Gain the courage to deeply express your emotions and affection to others Includes Personal Profile assessments and a study guide

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Customer Reviews

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.

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!

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