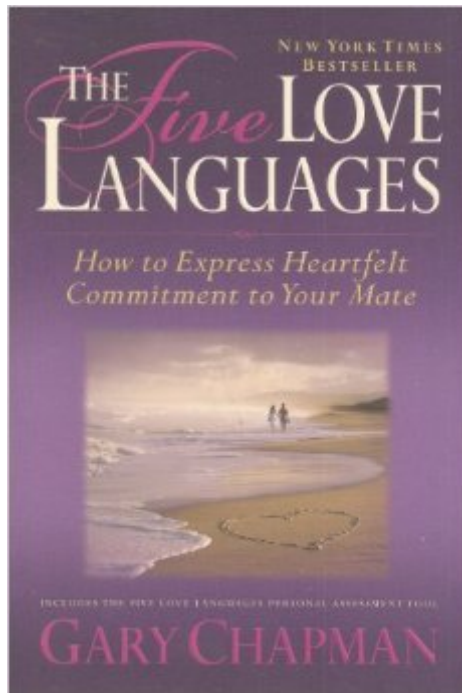


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The Five Love Languages: How To Express Heartfelt Commitment To Your Mate



Synopsis

The Five Love Languages How to Express Heartfelt Commitment to Your Mate (Now with a Comprehensive Study Guide)

Book Information

Paperback: 203 pages

Publisher: Northfield; Later Printing edition (2004)

Language: English

ISBN-10: 1881273156

ISBN-13: 978-1881273158

ASIN: B006Q2LTRO

Product Dimensions: 22.4 x 6 x 0.7 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (8,999 customer reviews)

Best Sellers Rank: #5,105 in Books (See Top 100 in Books) #55 in [Books > Parenting & Relationships > Marriage & Adult Relationships](#) #60 in [Books > Self-Help > Relationships > Love & Romance](#) #73 in [Books > Self-Help > Relationships > Interpersonal Relations](#)

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.

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.

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 each other. 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 each other 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.

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