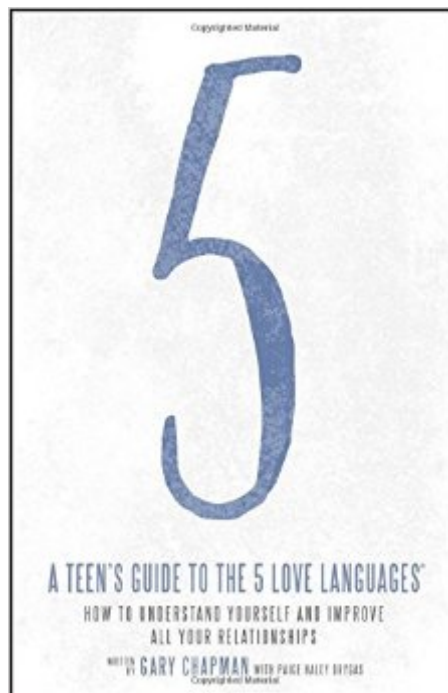


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# A Teen's Guide To The 5 Love Languages: How To Understand Yourself And Improve All Your Relationships



## Synopsis

The secret to great relationshipsâjust for teens#1 New York Times bestselling book The 5 Love Languages® has sold over 10 million copies, helping countless relationships thrive. Simply put, it works.Â But do the five love languages work for teens, for their relationships with parents, siblings, friends, teachers, coaches, and significant others? Yes!Introducing A Teenâs Guide to the 5 Love Languages, the first-ever edition written just to teens, for teens, and with a teen's world in mind. It guides emerging adults in discovering and understanding their own love languages as well as how to best express love to others.This highly practical book will help teens answer questions like:What motivates and inspires me?What does it mean to be a caring friend?What communicates love to my family?What is the best way to get along with the opposite sex?Features include:A straight-forward overview of the 5 love languagesA profile/assessment instrument specifically geared to teensPractical examples/tips for how to apply each language in a teenâs contextGraphics thatÂ drive home key conceptsTeens' relationships matter, and these simple ideas will help them thrive.

## Book Information

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Age Range: 12 and up

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## Customer Reviews

My husband and I were fortunate to take a class and learn about the 5 love languages idea before we were married. The original idea comes from Gary Chapman's book The 5 Love Languages: The Secret to Love That Lasts. The concept of the five love languages is something that has impacted

our marriage and our parenting in profound ways. I know it's something that has strengthened our relationships. So I was very interested to see *A Teen's Guide to the 5 Love Languages*. We've shared the concept of the five love languages with our children often, so they understand the concept. But I love the idea of a book especially written for teens. In *A Teen's Guide to the 5 Love Languages*, Gary Chapman along with Paige Haley Drygas explain the concept of the five love languages using words and examples that teens can relate to. The 5 Love Languages

The idea behind the five love languages concept is that we all have a different way of expressing love. We receive and express in five main ways: Physical touch, Words of affirmation, Time spent together, Acts of service, Gift giving.

Relationship problems can arise if people don't speak the same love language. You think you're showing love, but the recipient doesn't feel loved. My husband and I speak different love languages. One of his primary love languages is physical touch. My main love language is acts of service. I feel unloved when I've been gone and come home to find the house messy, dirty dishes piled up, and the laundry undone. Meanwhile he's wondering why I won't hug and touch and be more physical because he's missed that while I was gone. The result is that both of us can end up feeling slighted and wondering why the other doesn't love us more.

*A Teen's Guide to the 5 Love Languages*, written by New York Times bestselling author Gary Chapman, Ph.D., guides emerging adults in discovering and understanding their own love languages, as well as how to best express love in all relationships, whether it be to their parents, siblings, friends, teachers, coaches, or significant others. The author outlines the general characteristics of each of the five love language (words, time, gifts, service, and touch) and explains the various dialects with each language and offers practical examples of how to communicate the love languages in the daily ups-and-downs of relationships. He also shares how to handle anger and apologies.

Having been a teenager myself at one point and now raising teenagers, I know how very complicated relationships can be. *A Teen's Guide to the 5 Love Languages* is a book written just for teens with a teen's world in mind but in my opinion it's a must for parents and caregivers of teens as well. It explains each of the five love languages well and includes illustrations, quotes, and more. I read this book before handing it over to my 16-year-old son and I have to say that I learned a lot, not only about myself but about each person I have a close relationship with. I learned that even though I like showing my love using (written) words, such as through writing someone a letter, a poem, or a simple note, this doesn't work with all relationships. For instance, my boyfriend's love language is service and while he likes when I express my love to him using words, he would rather I do something nice for him, such as doing one of his daily chores so he doesn't have to be burdened

with it.

For Mother's Day 2015, my boys collaborated on a load of bark mulch for my flower gardens and then faithfully spread every last particle. What a gift! They were certainly speaking my love language! Gary Chapman's five love languages have become woven into the fabric of our culture. Any conversation centered around interpersonal dynamics and relationship building is going to, eventually, come around to a discussion of understanding the other person's love language. But what if the conversation started during the teen years when relational habits are still being formed before life partners are chosen and language barriers are already in place? Although Rosetta Stone hasn't come up with a series on love languages, Paige Hayley Drygas has lent her voice to Gary's classic material and the result is *A Teen's Guide to the 5 Love Languages*. Since there are only five fundamental love languages, all humans express love emotionally in five distinct ways. Each of us has a primary love language, which means that one of the five speaks more deeply to us than the other four. This is crucial to understand in a relationship because no matter how much I love my husband and sons, if I am not communicating that love to them in a way that is meaningful to them, they will not feel loved. We have a tendency to speak the language that fills our own love tank, when that may not be the most effective means of communication to our loved ones. Too, we should not speak only the primary love language of the people we care for. Love can be expressed and received in all five languages. However, keep in mind that if you don't speak a person's primary love language, then that person will not feel loved, even though you may be fluently speaking the other four.

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