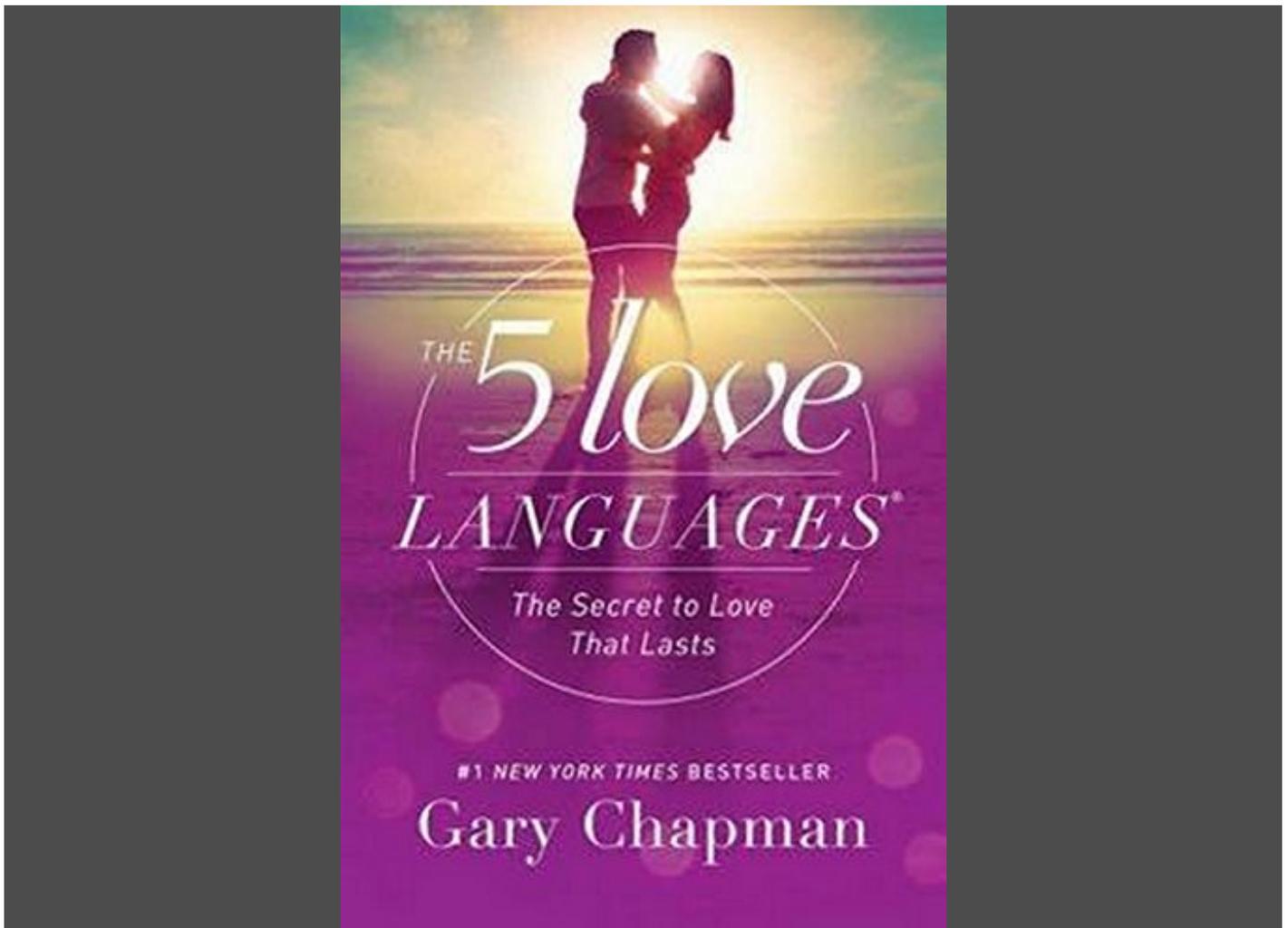


PDF | The 5 Love Languages: The Secret to Love that Lasts

by Gary Chapman



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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.

Amazon.com Review

Unhappiness in marriage often has a simple root cause: we speak different love languages, believes Dr. Gary Chapman. While working as a marriage counselor for more than 30 years, he identified five love languages: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch. In a friendly, often humorous style, he unpacks each one. Some husbands or wives may crave focused attention; another needs regular praise. Gifts are highly important to one spouse, while another sees fixing a leaky faucet, ironing a shirt, or cooking a meal as filling their "love tank." Some partners might find physical touch makes them feel valued: holding hands, giving back rubs, and sexual contact. Chapman illustrates each love language with real-life examples from his counseling practice.

How do you discover your spouse's - and your own - love language? Chapman's short questionnaires are one of several ways to find out. Throughout the book, he also includes application questions that can be answered more extensively in the beautifully detailed companion leather journal (an exclusive Amazon.com set). Each section of the journal corresponds with a chapter from the book, offering opportunities for deeper reflection on your marriage.

Although some readers may find choosing to love a spouse that they no longer even like -hoping the feelings of affection will follow later- a difficult concept to swallow, Chapman promises that the results will be worth the effort. "Love is a choice," says Chapman. "And either partner can start the process today." -- *Cindy Crosby*. This text refers to the Amazon.com Exclusive Journal & Paperback Book Set.



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