



## A universal truth

With more than 35 years of experience as a marriage counselor, Dr. Gary Chapman has heard it all. He has helped couples at every stage of marriage and at pivotal points in their relationships—from those

just discovering the joys and trials of marriage to those couples who are ready to call it quits.

After all those years, Dr. Chapman noticed a pattern: everyone he counseled had a “love language,” a primary way of expressing and interpreting love. He also discovered that, for whatever reason, people are usually drawn to those who speak a different love language than their own.

Of the countless ways we can show love to one another, five key categories proved to be universal and comprehensive—everyone has a love language, and we all identify primarily with one of the five love languages.

It’s easy to learn your love language at [www.fivelovelanguages.com](http://www.fivelovelanguages.com). Take our short profile and find out how you and your loved one express and interpret love. Learning your love language—and that of your spouse—might be the easiest and most important thing you ever learn.

## The first step is simple

Just knowing each other’s love language is a breakthrough. Right away, you can make a concerted effort to speak his or her primary language. It might not come naturally, but even the effort will be appreciated.

And [www.fivelovelanguages.com](http://www.fivelovelanguages.com) is full of other helpful features—links to other resources, free stuff, events, podcasts, a place for you to share your love story, and more—all designed to encourage you and strengthen your relationships. We want to help you feel loved.

You can take the profile in minutes. You can read the book in a few hours. There will still be plenty of work to do to make the most of your relationships, but the insight you gain will give you the power to improve your marriage for the rest of your life.

Take this step and enter the gateway that leads from guesswork and frustration into understanding and fulfillment! It’s time for you to get to the heart of *The 5 Love Languages*.



# The 5 Love Languages

**Words of Affirmation**—Actions don’t always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, “I love you,” are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

**Quality Time**—In the vernacular of Quality Time, nothing says “I love you” like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

**Receiving Gifts**—Don’t mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

**Acts of Service**—Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an Acts of Service person will speak volumes. The words he or she most wants to hear are, “Let me do that for you.” Laziness, broken commitments, and making more work for them, tell those with this language their feelings don’t matter.

**Physical Touch**—This language isn’t all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

Some relationship theories are based entirely on generalizations about men and women. Most men are like this, most women are like that. The individuals or couples who fall outside the “typical model” find the theories unhelpful or even offensive. But *The 5 Love Languages* is based on Dr. Chapman’s extensive counseling experience that reveals truth applicable to all of us.

We all need to feel loved. Men and women have an “emotional love tank” that makes us feel content, secure, and loved when it’s full. When it’s empty, when we feel totally unloved, it makes us feel threatened, angry, frustrated, and alone. The key question all of us face is: What makes us feel loved?

We all communicate love primarily according to one of five love languages. A lot of us need help recognizing our primary love language. Your love language might already be jumping out at you. *The 5 Love Languages* will help you identify your love language and show you just how important your love language is to how you feel toward your partner.

## What makes this book so different

And the truly life-changing moment comes when we understand someone else’s love language. The book makes it so easy to understand. As you read, you’ll begin seeing your relationship—even past relationships or those of the people you know—with a whole new perspective. Words that once rang empty can be filled with meaning. People who seemed worlds apart can suddenly seem so close to finding true love right in front of them.

Speaking the right love language can make all the difference!



At the beginning of a relationship, love is exhilarating, endless, easy. Feeling loved when you're "in love" is effortless. Your soul mate appears to be perfect! Everything you do screams, "I love you!"

Then reality sets in. As character flaws and annoying traits rear their ugly heads, true love begins to look like a lie.

## Learn to speak the right language

True love is not a myth, but it takes work. Making sure that the one you love feels loved requires commitment, understanding, and effective communication.

Millions of couples have learned the simple way to

better communication through *The 5 Love Languages* by Dr. Gary Chapman. A *New York Times* bestseller with more than 5 million copies sold, *The 5 Love Languages* introduces couples to a relationship revelation that's as profound as it is easy to grasp.

Maintaining healthy relationships is a daily, lifelong pursuit. *The 5 Love Languages* is full of "aha!" moments that make the effort easier and more desirable. You'll find yourself more motivated and more confident that you can succeed in having the relationships you've always wanted. With *The 5 Love Languages*, you'll find the secret to love that lasts.



To reorder this piece 978-0-8024-8121-4

© Boyce Shore and Associates



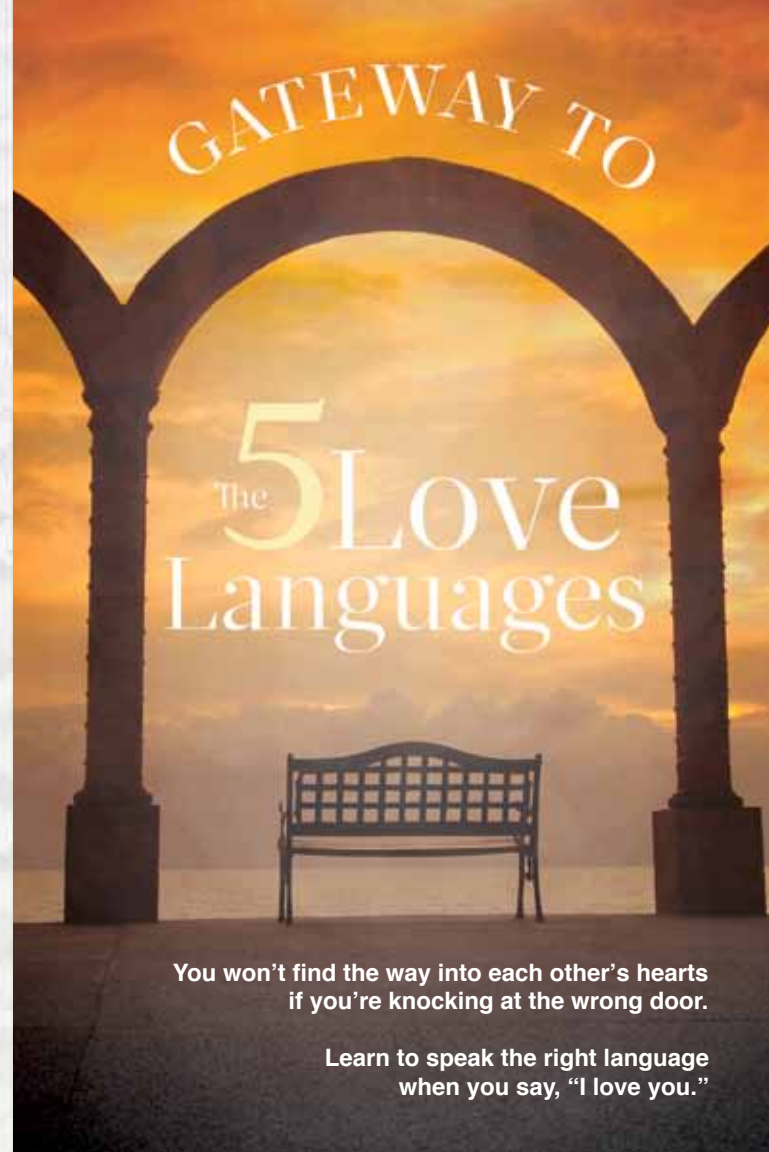
## Dr. Gary Chapman

Some of Dr. Chapman's most valuable expertise comes from his own marriage to Karolyn, his wife of more than 45 years. He seamlessly relates his clear, compelling concepts to real-life examples from over 35 years of pastoring and marriage counseling and even from his own relationships. He is the author of many books about marriage and family (including other titles in the *5 Love Languages* series), he speaks to thousands of couples at marriage conferences nationwide, and he hosts two nationally syndicated radio programs, *Building Relationships* and *A Love Language Minute*, currently airing on more than 200 stations.

Dr. Chapman and his wife have two grown children and currently live in Winston-Salem, North Carolina, where he serves as senior associate pastor at Calvary Baptist Church.



[www.fivelovelanguages.com](http://www.fivelovelanguages.com)



You won't find the way into each other's hearts if you're knocking at the wrong door.

Learn to speak the right language when you say, "I love you."

Paul spent three hours building a bookshelf for Marcie. *All she wanted was 10 minutes to talk.*

Carol bought Dylan a brand new set of golf clubs. *He wondered why she didn't sign the birthday card.*

Ryan gave Jennifer a hug and a kiss. *She frowned at the pile of dirty dishes.*

All too often, couples fail to express their love—they try, but they're speaking different languages. This can lead to frustration, resentment, hurt feelings, and a strained relationship. Fortunately, saying—and hearing—"I love you," doesn't have to be that hard.