

## The Five Love Languages

### Description

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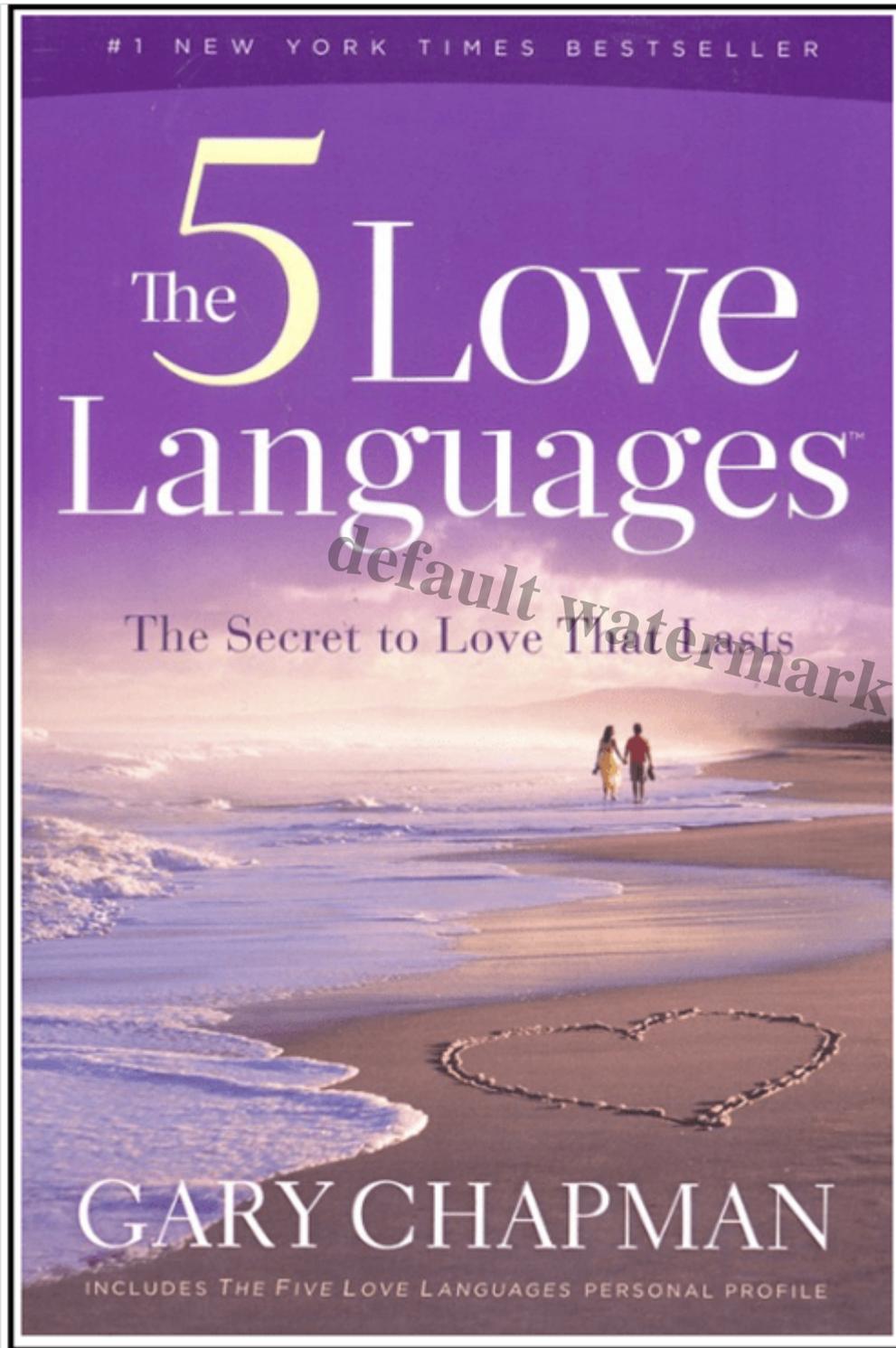


photo [via](#)

Since Valentine's Day is approaching I thought it would be fun to share a book I read years ago with my book club. [The Five Love Languages](#) by Dr. Gary Chapman is extremely insightful and could perhaps make your Valentine's Day go more smoothly. Dr. Chapman has over 30 years of counseling experience and provides many stories from couples he has counseled. He explains how not recognizing each others love languages can create conflict in a marriage. We are put on earth to love,

but we don't all speak the same language. Do you love receiving gifts or is a special date night more important to you? These are some of the questions you'll be asked to ponder when determining your love language.

**The Five Love Languages are:**

1. Words of Affirmation
2. Physical Touch
3. Acts of Service
4. Quality Time
5. Gift Giving

My husband and I both read the book and I think he will admit it was an eye opener for him. My main love language is words of affirmation followed by acts of service. I'm not lying when I say I appreciate all of your comments. I found a [quiz](#) you can take to determine your love language, but it's also worth checking out the book.

This post contains an affiliate link to Amazon.

**Date Created**

2013/02/07

**Author**

queenie