

THE FIVE LOVE LANGUAGES

One of the greatest joys in life is to love and be loved.

In many cases this will determine a level of wellness in your life. I am sure you know how happy and healthy you feel when your relationship is great.

On the flip side, when your relationship is not great, it can cause great stress.

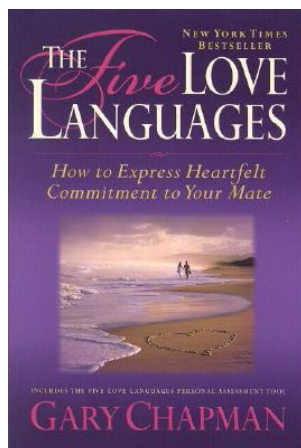
The key to great relationships is in knowing that they take time, effort and understanding.

One of the best books I have read on this area is 'The Five Love languages' by Gary Chapman.

It talks about the 5 love languages that all people respond to. Each person may respond more to one or two of these than the others. Your job is to work out which love language or languages your partner is most connected to and then use this to your and their advantage.

The 5 languages, as described by Gary Chapman are:

1. **Physical Touch** – holding hands, affectionate touching, hugging and caressing.
2. **Words of affirmation** – saying "I love you", "Thank you", "I appreciate you" and words of encouragement and care.
3. **Quality time** – this is a big one. Making time away from work and other commitments to do things together. This is one of the most challenging, but one which will have the greatest positive effect.
4. **Gifts** – giving flowers and other tokens of love and affection.
5. **Acts of Service** – doing for your partner. Maybe vacuuming, doing the dishes or preparing breakfast. Simple acts mean a lot



I would strongly recommend you get your hands on the book and take the message and act as it will bring so much more joy and health to your life