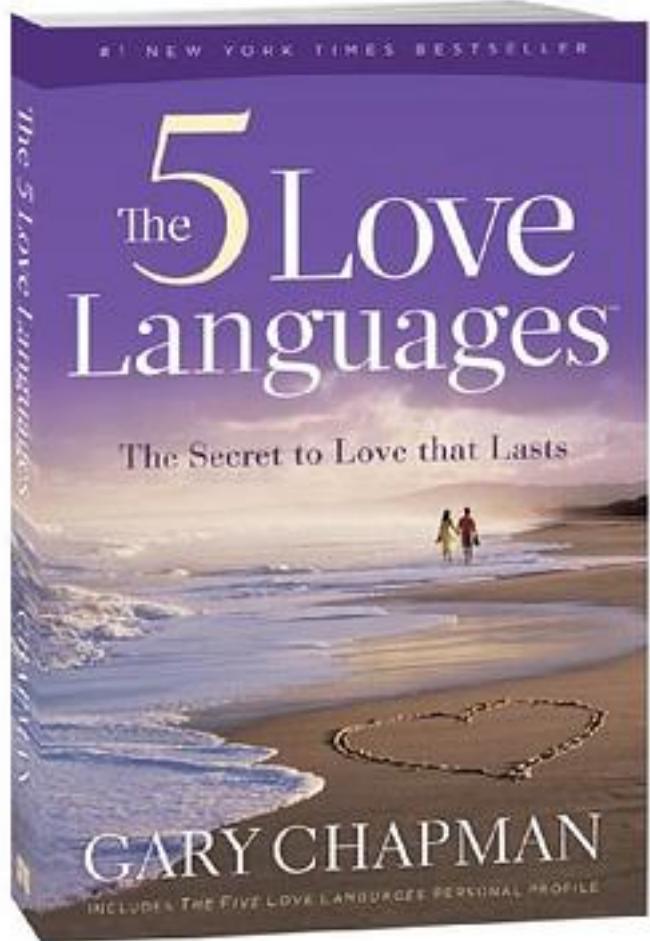


The Five Love Languages



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著者:Gary Chapman

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Are you and your spouse speaking the same language? While love may be a many-

splendored thing, it is sometimes a very confusing thing, too. And as people come in all varieties, shapes, and sizes, so do their choices of personal expressions of love. But, more often than not, the giver and the receiver express love in two different ways. This can lead to misunderstanding, quarrels, and even divorce. Dr. Gary Chapman identifies five basic languages of love: Quality Time, Words of Affirmation, Receiving Gifts, Acts of Service, and Physical Touch. He then guides couples towards a better understanding of their unique languages of love. Learn to speak and understand your mate's love language, and in no time you will be able to effectively love and truly feel loved in return. Skillful communication is within your grasp

作者介绍:

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标签

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评论

後面的小測試有空研究下 哈哈

略鸡汤，跳着看过去就好

非常棒，一周就看完了。每个人表达爱与感受爱的语言都不一定相同，所以需要了解自己与别人，才能更好的沟通。

Affirmative language. Physical touches. Act of action. Quality time. Gifting.

考试的时候为找资料顺手把这本书看了一下，唔，所以communication pattern真的还是挺重要的....合得来很重要，理解彼此的不同并意识到不同之处也是真理啊。

听完。道理简单，方法直接。我想更重要的是传达从对方角度思考如何去爱这个概念。

As we all know that men and women are different, we not necessarily know that we are all different as individuals. The family that we grew up in, the experiences we had, the friends around us all contribute to the person we are today. So as a couple, we have to find the differences and embrace it. This is a great book to start with.

每个人都有属于自己接受爱和表达爱的方式...关键在于是否有心去读懂你爱的人所说的爱的语言和去用行动去实践

This book was shared in the book crossing activity in Shanghai Hongqiao International Library. To know more, visit <http://www.douban.com/people/50946105/>

it is a simple but very useful and helpful book.

了解自己的love language是第一步。

心理

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书评

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