



A Teen's Guide to the 5 Love Languages: How to Understand Yourself and Improve All Your Relationships

Gary Chapman , Paige Haley Drygas

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The secret to great relationships—just for teens

#1 *New York Times* bestselling book *The 5 Love Languages*® has sold over 10 million copies, helping countless relationships thrive. Simply put, it works. But do the five love languages work for teens, for their relationships with parents, siblings, friends, teachers, coaches, and significant others? Yes!

Introducing *A Teen's Guide to the 5 Love Languages*, the first-ever edition written just to teens, *for* teens, and with a teen's world in mind. It guides emerging adults in discovering and understanding their own love languages as well as how to best express love to others.

This highly practical book will help teens answer questions like:

What motivates and inspires me?
What does it mean to be a caring friend?
What communicates love to my family?
What is the best way to get along with the opposite sex?

Features include:

A straight-forward overview of the 5 love languages
A profile/assessment instrument specifically geared to teens
Practical examples/tips for how to apply each language in a teen's context
Graphics that drive home key concepts
Teens' relationships matter, and these simple ideas will help them thrive.

A Teen's Guide to the 5 Love Languages: How to Understand Yourself and Improve All Your Relationships Details

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From Reader Review A Teen's Guide to the 5 Love Languages: How to Understand Yourself and Improve All Your Relationships for online ebook

Samantha says

Thanks to NetGalley, I received a pre-publication copy of this book in exchange for a fair and honest review. As a result of this preview, I have already ordered a paper copy for my 13-year-old daughter, ordered a copy for my middle school library, and suggested that my husband, who is a pastor, order copies for our youth group AND I have offered to lead a book study with that youth group, which I never do! Does this tell you how terrific I think Dr. Chapman's Teen's Guide to the 5 Love Languages is? It should. Dr. Chapman does a wonderful job of breaking down his love languages theory for young people, delving in to what it might look like to love someone through service, words, touch, gifts, and time. Each love language has its own chapter with follow up questions, and chapters are also dedicated to family, anger and apology, and figuring out your own love language. The information and guidance Dr. Chapman provides in this book is perfect for young people in building and maintaining healthy relationships throughout their lives.

Alexi says

Very informational

Julius McCarter says

Gary Chapman's Teen's Guide to the Five Love Languages explores the "five love languages" for which Chapman is so well known ... for teens. Chapman begins by exploring what those five languages are: (1) Words; (2) Time; (3) Gifts; (4) Service; and (5) Touch. For each, Chapman talks about the implication for a teen's life -- particularly dating and family relationships. The challenge in those relationships is learning to take the focus off ourselves and place that focus on the other that we love, and learning to speak their language.

Love is a choice and love makes a difference, says Chapman. Try the profile on the last pages of this helpful work and you will gain a deeper knowledge of your probable love language.

I received a free copy of this book from Moody Publishing in exchange for my honest review here.

KittyKat says

This book was received via Netgalley in exchange for an honest review

This book was a really good read that offered great advice on not only love but relationships in general. I think it is a great read especially for teens such as myself who are still learning about the world around us and sometimes need some guidance. The only criticism I have is that some elements of the book were repetitive. The reflection questions at the end of each section were also really good, however I think the book would be more useful and effective as a paperback or hard copy rather than in an e-book format as the formatting throughout the book was a little off and unless you have a piece of paper and a pen handy it can be hard to really answer the questions.

Overall, this is a great read for teens and adults alike.

Suzanne says

The 5 star rating is actually from my 14-year old son! I read the parent version and we had a great conversation as a result. You can see my review of the parent book here:

<https://www.goodreads.com/review/show...>

Joan says

I remember the insight and understanding I gained the first time I read about the five love languages. Teens really need the information and I'm glad to see it presented in a book written especially for them.

If you're not familiar with the love languages, here's a synopsis. It's been found that each person receives messages of love and appreciation in a particular way. Some accept spoken (or written) words. Some recognize love by the amount of quality time you are willing to spend with them. Others recognize love through gifts. Others need to see acts of service. And some accept love best when expressed through touch.

I like how the authors expand on each of the languages. For example, with the love language of time, that can be expressed with quality conversation (with tips on communicating), quality listening (with tips on listening skills), and quality activities. The authors have included some suggested ways of expressing love in each of the languages. They also include how to recognize the love language of another. And, especially suited for teens, there are warnings for each language as to how it can be misused (such as the most misused – touch).

The method of presentation and the graphics are great. I really like the emphasis on feeling loved and how the feeling is created when the right love language is used. We tend to use our own love language and that may not work with someone else. Recognizing another person's love language and expressing love in that way may take some effort. But teens will really see the benefit in relationships.

The authors give examples of each love language and how the message is received. They also include cautions, like not being phony. This book will help teens understand communication and relationship problems. Recognizing differences in communication languages, teens be better able to make good relationships. The authors even include tips for family relationships (parents and siblings) and a chapter on anger and forgiveness.

Tips and questions are included at the end of each chapter. This would be a good book for parents to read along with their teens as the questions would provide good discussion. Everyone in the family could work through the love language profile and determine their own. Those results would make for good family

discussion too.

I highly recommend this book for teens and parents. Even if you've read about the five love languages before, this is a good book to refresh your memory. If you've never read about the love languages, this is a good place to start. You're in for a treat and a future with better relationships.

Food for thought: “Learning to speak love and appreciation in a language the other person can receive is the key to enhancing all human relationships.” (16)

I received a complimentary copy of this book from the publisher for the purpose of an independent and honest review.

Michele Morin says

For Mother’s Day 2015, my boys collaborated on a load of bark mulch for my flower gardens — and then faithfully spread every last particle. What a gift! They were certainly speaking my love language!

Gary Chapman’s five love languages have become woven into the fabric of our culture. Any conversation centered around interpersonal dynamics and relationship building is going to, eventually, come around to a discussion of understanding the other person’s love language. But what if the conversation started during the teen years when relational habits are still being formed — before life partners are chosen and language barriers are already in place? Although Rosetta Stone hasn’t come up with a series on love languages, Paige Hayley Drygas has lent her voice to Gary’s classic material and the result is *A Teen’s Guide to the 5 Love Languages*.

Since there are only five fundamental love languages, all humans express love emotionally in five distinct ways. Each of us has a primary love language, which means that one of the five speaks more deeply to us than the other four. This is crucial to understand in a relationship because no matter how much I love my husband and sons, if I am not communicating that love to them in a way that is meaningful to them, they will not feel loved. We have a tendency to speak the language that fills our own love tank, when that may not be the most effective means of communication to our loved ones. Too, we should not speak only the primary love language of the people we care for. Love can be expressed and received in all five languages. However, keep in mind that “if you don’t speak a person’s primary love language, then that person will not feel loved, even though you may be fluently speaking the other four.”

Through the use of engaging illustrations and personal examples, Gary and Paige present all five love languages with related tips on enriching teens’ relationships and very practical examples of what each love language would look like in real life. The goal is to identify one’s own love language and then to key into the preferences of family and friends:

Words of affirmation — Truthful words spoken or written from one person to another to uplift, to encourage, and to make the recipient feel loved. Specific and intentional words can communicate how much we value those we love by expressing appreciation, encouragement, praise, and kindness. Warnings against flattery are wise.

Quality time — Intentional, deliberate time spent with a person to make the individual feel loved. With each of the five languages, there are dialects that guide exactly how the love is received. For instance, quality conversation may fill the love tank of one person while shared activities may be the preference of another.

Gifts — More than a material item, a gift is a visual symbol of love representing the giver. A gift is a

tangible object that says, “I was thinking about you, and I wanted you to have this.” The value of the item does not correspond to its price tag but to its meaning to the person.

Acts of service — Doing something kind, intentional, and unexpected that helps someone else. Once again, we’re looking for impact: what will mean the most to the recipient? This may not necessarily be judged in the amount of time spent, or even by how hard you work. Attitude and eagerness are important, and service does not imply becoming someone’s doormat.

Physical touch — If someone’s primary love language is touch, then your touches will speak more loudly than your words. Boys and girls will express affection differently — and individual personalities, the parameters of the relationship, and timing all play a huge role in communicating love through touch. Obviously this is a tricky one for teens, for, sadly, no other love language has been more distorted than touch.

Some important considerations:

It is critical to learn to both receive and give love in all five languages.

All the love languages can be learned. Some may feel more awkward than others, but all of us need to be able to speak love in a variety of ways.

Every love language has an opposite. Quality time’s evil twin is deliberately leaving someone out; the twisted version of gifts would be bribery and manipulation.

The Five Love Languages Profile is a diagnostic test to help readers evaluate their own love language, and a helpful chart is provided for analyzing the go-to language of loved ones.

Just as missionaries labor to communicate in the “heart language” of the people group they serve — the language of their thoughts, feelings, and dreams — we communicate love and respect, value and appreciation for others by learning their love language and using it to speak deeply to them.

“All of us want to be known and loved. That’s universal. However, how we want to be loved is unique to each of us.”

A terrific study for a youth or college-aged group, A Teen’s Guide to the Five Love Languages is a helpful tool for better communication and the laying of a good foundation for healthy relationships.

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This book was provided by Northfield Publishing in exchange for my review. I am disclosing this in accordance with the Federal Trade Commission’s 16 CFR, Part 255 : “Guides Concerning the Use of Endorsements and Testimonials in Advertising.”

Angela says

Before reading this book, I decided to ask my son to read it. He is in between the age group that this book is intended for (16 years old) so I wanted to see what his opinion would be. After reading the book, we had a discussion about it and I believe that we both agree that this book would be better suited for the younger half of the age group intended. The reason for this is due to the fact that most of the older teens have already learned these things weather it be at home, church, school, the internet, etc... and most have already had first hand experience with most of these things. If it were to target the younger based age group, we believe that the impact would be grater and the importance wouldn't be lost if it was done maybe in a group or even with parents. I'm not saying that no one in the older age group would benefit, only that most have already either been taught or learned on their own. It is only our opinions. The book has some great information and ideas in it. We both liked the book but didn't feel as though he would have benefited much from it had I purchased this.

Even though this book states for 12 years and older and is focused more towards the teenage group, I do believe that this book could help anyone willing to put in the time to relearn and give these practices a chance. I still recommend this book for the younger age group (10-14 years old) but with adult support and supervision.

I received a copy of this book through NetGalley in exchange for a honest review.

Sarah says

Very enlightening and helpful for adults as well as teens. You learn new info and tips that weren't in the original 5LL book.

Carolina Hinojosa-Cisneros says

Are you having a hard time communicating with your teens? Are they having a hard time communicating with you, their siblings, teachers, and well, just about anyone? This book makes a perfect gift for your teen!

I highly recommend this book to help facilitate better communication among your teens (and tweens). This book prompted my teenager to take her quiz online to find what her predominant love language was. She was surprised by her results.

We are all ready to encourage her in her language. She can also recognize others' languages to better communicate. Grab this book. It's not a thick read and it has quizzes and scenarios that are very fruitful.

Denise says

This guide is self-illuminating! Teens everywhere should take the time to read and work through this edition of a best selling book.

TJ Burns says

BUDDY READ: Non-Fiction > A Teen's Guide to the 5 Love Languages: How to Understand Yourself and Improve All Your Relationships by Gary Chapman, Paige Haley Drygas - Starting June 13th 2016
<https://www.goodreads.com/topic/show/...>

I received a copy of this book from the publisher via NetGalley in exchange for an honest review.

Susan says

Relationships — they can be one of the best things in life, and yet they are so complex.

You've probably heard of the "5 love languages" concept, coined by counselor Gary Chapman. The idea here is that each of us has a primary "love language," and that this is the way we most prefer to be loved. The languages are words, acts of service, gifts, quality time, and touch. If we want to make someone else feel loved, we need to identify that person's primary love language and proceed from there.

For instance, if you give a lavish gift to a person whose primary love language is touch, he/she probably won't be that excited. She'd rather have a hug.

Or, say your friend writes you a caring note on your birthday — but your primary love language is acts of service. You really would prefer if she would have offered to watch your kids for a couple of hours instead.

All of us, no matter our age, can fall into the trap of loving others the way we would prefer to be loved. That's why books like *A Teen's Guide to the 5 Love Languages: How to Understand Yourself and Improve All Your Relationships* come in so handy.

I read this book, thinking I could impart the wisdom to my own three teens. But while the book is geared toward teens, I learned a lot from it as well. I think most any adult could use the reminders that we should always be mindful of what makes our loved ones "tick."

This is a slim book, at just over 100 pages. It includes a questionnaire to help those who are wondering what their primary love language might be. The book would be a thoughtful graduation gift (for those whose love language is gifts — ha ha, just checking to see if you're paying attention!).
