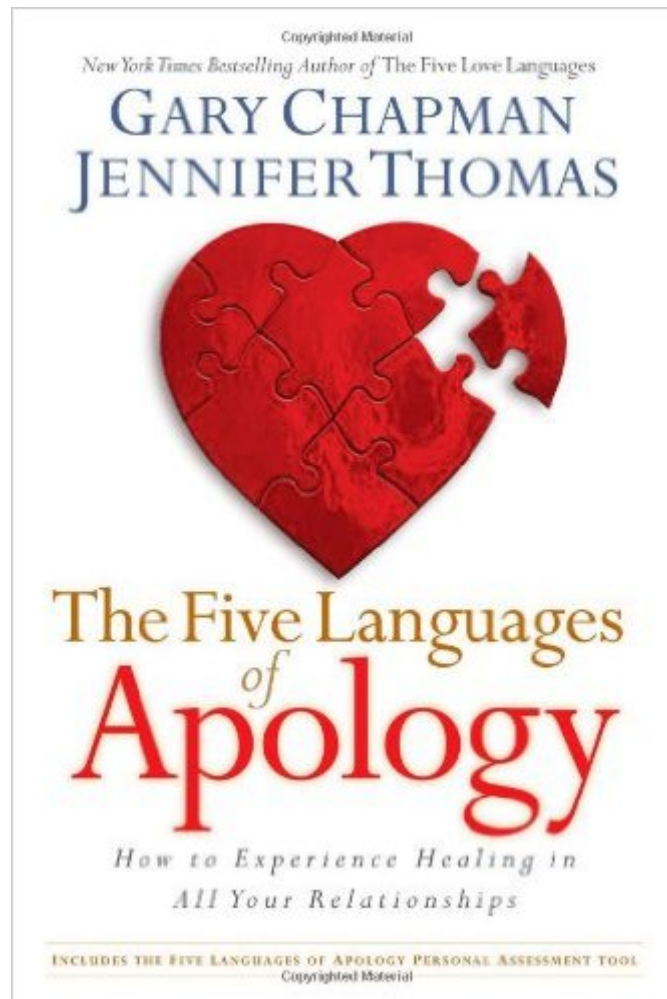


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The Five Languages Of Apology: How To Experience Healing In All Your Relationships



Synopsis

Just as you have a different love language, you also hear and express the words and gestures of apology in a different language. New York Times bestselling author Gary Chapman has teamed up with counselor Jennifer Thomas on this groundbreaking study of the way we apologize, discovering that it's not just a matter of will--it's a matter of how. By helping people identify the languages of apology, this book clears the way toward healing and sustaining vital relationships. The authors detail proven techniques for giving and receiving effective apologies. First time in paperback. --This text refers to the Audible Audio Edition edition.

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Customer Reviews

The first thing I had to do when I received my copy of The Five Languages of Apology was to take The Apology Language Profile in the back of the book. I approached it in the happy, fun way I used to look at surveys in women's magazines until the very first question stopped me dead in my tracks. Since it was about how a spouse should apologize for failing to acknowledge a wedding anniversary, it hit home right away. I knew this was going to be a serious book and that it would bring up some very raw emotions. My husband had recently intended to acknowledge our anniversary with a beautiful gift, but it was stolen from his car before he had the chance, and nothing more was said or done about it. Even though I knew my husband was not to blame, I needed someone to take responsibility and there was no one to do that thus creating an unresolved issue we would eventually work through. As I read more of the questions, I experienced emotions

ranging from sadness to anger and by the end of it I realized that very few people had ever apologized to me at all let alone took the time to figure out my apology language! It made perfect sense to me that my preferred apology language is accepting responsibility, since people who come from dysfunctional homes often long for someone to own up to what he or she has done or said, and because this rarely happens, communication becomes distorted. In the midst of my own issues this book was addressing, I was comforted by the words Chapman and Thomas used to lead me from feeling very alone and rejected because of the lack of apologies given to me, to experiencing some healing and closure due to the new understanding I have been given. I have also become much more aware of the apologies I see in movies and in my relationships with friends. I do believe that if we could get to the point of being willing to apologize, even if we have to stumble through it at first, we would broaden our ability to truly love one another.

Since I read *The Five Love Languages of Children*, I knew *The Five Languages of Apology* would be just as thoroughly insightful. Who couldn't use some help enhancing relationships? The authors provide various examples, stories, and questions without making the reader feel criticized or reprimanded. For me, page 88, "statements of genuine repentance" was practical. Chapter 14, *Apologizing to Yourself* is thought-provoking. The authors also emphasize that apologizing is a choice as is forgiveness. According to the authors, the "art of apology" needs to be learned in childhood. When appropriate, parents need to apologize to their children - it's a way of taking responsibility for one's behavior. Since parents are the first and most influential teachers, we teach kids to apologize by doing so ourselves. It's not a sign of weakness to apologize - but of maturity and accountability. Chapter 15, "What If We All Learned to Apologize Effectively?" is summed up with, "Fewer people would turn to drugs and alcohol in an effort to find escape from broken relationships. And fewer people would live on the streets of America." Keep this book on your shelf or bedside table as a quick and useful resource for the relationship challenges in daily life. Now, I'd like to see these authors write a book on how to confront effectively. ~ Brenda Nixon, Author of *Parenting Power in the Early Years* and *The Birth to Five Book: Confident Childrearing Right from the Start*

This book is one of the better installments in the "Five Love Languages" series of Gary Chapman. Having read the original *Five Love Languages* title and a few of the follow-ups, this one provides the most additional fresh material to the initial volume. Being able to communicate a sincere apology is an increasingly needed skill in today's age of dodging responsibility and laying blame on others.

Chapman and Thomas do a good job in providing the reader insight as to how to apologize in five different styles, depending upon the recipient's personality or "apology language." Included with the book are an apology profile and a group study guide. For anyone wanting truly to make amends in a fractured relationship, this volume is a good place to start.

The book presents five methods to express an apology. Your job is to identify the preferred method of your spouse/significant other, family members, co-workers, etc., then use their primary method when offering an apology. I'm sure the authors' idea in writing this book was to build on their "Five Languages" series of books, which is a clever idea; however, in my opinion, a better idea would have been to title the book "The Art of Apologizing" or perhaps "The Five Steps to a Sincere Apology" and teach readers to use all 5 methods in all apologies. One example in the book tells of a man who was annoyed by his girlfriend's continual complaining and negativity. When he confronted her, he was blown away by her response. She used all 5 languages and he knew, without a doubt, it was a sincere apology. They have had the best relationship ever since and plan to get married. Had the girlfriend narrowed her apology to one or two languages, the boyfriend probably wouldn't have been blown away, and their relationship may not have turned out nearly as well. I say, why limit an apology to anything less than all 5 languages. Give the one you offended a full, complete, and sincere apology and let the healing begin.

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