

*Abby England Wellness Presents:*

# THE 5 LOVE LANGUAGES GIFT GUIDE

Move over generic cookies, flowers, and chocolates. I've hand-selected over 25+ health-conscious gifts that align under each love language so that you can show your partner you know, appreciate, and speak their love language.

Here's the 1, 2, 3 on how to maximize this gift guide...

1

The first step is to make sure you understand your love language and your partner's. You can take the quiz in the front of the book or here:

<https://www.5lovelanguages.com/quizzes/love-language>

2

The next step is to appreciate that your partner's love language may be different from your own and that's ok; perhaps that's even why you fell in love with him/her!

3

And the third step is to speak (or do) their love language. If you two don't share the same love language, it may feel like speaking a foreign language and that's where this gift guide is designed to help.



*With love,  
Abby*

