

ANNE HODDER-SHIPPI, CSE

SPEAKING FROM THE HEART



AN UPDATED & EXPANSIVE APPROACH

SPEAKING FROM THE HEART: 18 LANGUAGES FOR MODERN LOVE BY ANNE HODDER-SHIPPI, CSE

Speaking from the Heart: 18 Languages for Modern Love is an updated and expansive approach that recognizes that Love Languages apply to ALL relationships – not just heterosexual marriage. Understanding how we do (and don't) express and receive love can be a foundational part of our most nourishing relationships. Rejecting relationship hierarchy and centering platonic love, *Speaking from the Heart: 18 Languages for Modern Love* gives readers a tangible tool for identifying their needs while navigating others', and does so with a friendly and direct attitude.

PRICE: \$15.95

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PRAISE FOR SPEAKING FROM THE HEART:

"Anne Hodder-Shipp's *Speaking from the Heart: 18 Languages for Modern Love* is the follow-up to *The 5 Love Languages*© society has needed for decades. It is a refreshing and inclusive look at the ways we connect in relationships and will help clinicians, coaches, sex educators, and anyone attempting to engage in relationships with other humans as we navigate the messiness of life." - **Kristine Ives (she/her), LMFT, CET-2, Certified Brainspotting Therapist and Co-Founder of BraveHeart Retreats**

"This book is a fantastically accessible read that takes the idea of Love Languages and transforms them into something that everyone can have access to. My favorite part is the knowledge Anne brings to the complexity and nuance found in all types of relationships, and I think that is what sets this updated version far apart from the original." - **Andrew Gurza (they/he), Disability Awareness Consultant and Host of "Disability After Dark" Podcast**

"*Speaking from the Heart: 18 Languages for Modern Love* is so emblematic of Anne's approach to teaching about sexuality and relationships. Above all else, *SFTH* is inclusive of all expressions of love and relationship styles, which is such an important reimagining of the Love Languages. In addition to being an accessible resource, it is a fun and engaging read with practical examples that are brought to life through illustration. The way that Anne approaches Love Languages is expansive and full of empathy, which imbues it with a permission-giving quality. *SFTH* presents a new methodology that is sure to expand the awareness and relevance of the Love Languages." - **Sarah Tomchesson (she/her), Sex Educator, co-founder of S3X Plus, and Director of Marketing at Magic Wand**

"*Speaking from The Heart: 18 Languages for Modern Love (SFTH)* is a brilliant foundational guide for people of all ages and identities who are ready to level up their relationship skills. Practical, relevant, and user-friendly, *SFTH* offers dozens of specific examples for how to match your feelings of love, with actionable, identifiable behaviors that build connection and nourish humanity in the 21st century." - **Cyndi Darnell (she/her), Sex and Relationship Therapist**

"With *Speaking from the Heart: 18 Languages for Modern Love*, Anne Hodder-Shipp has taken the Love Language 'software' and conceived a contemporary and more inclusive paradigm with which to navigate and nourish relationships. With compassion, clarity, and wit, Anne has created an expansive lexicon of love for the 21st century." - **Elle Chase (she/her), CSE, Sex & Relationship Coach and Certified Sex Educator**



ABOUT THE AUTHOR: Anne Hodder-Shipp (she/they) is an AASECT Award-winning certified sex and relationships educator and dreamwork practitioner who's worked in the sexuality field since 2007. Anne also is the founder and lead educator at Everyone Deserves Sex Ed (EDSE), an organization that provides empowered and expansive sex, love, and relationship education and professional development. Their candid commentary and informed perspective about sex, identity, and relationships have appeared throughout the media, including *Parents.com*; *O, The Oprah Magazine*; *Men's Health*; *Bustle*; *Vice*; and more.

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