



If It Hurts, It Isn't Love: And 365 Other Principles to Heal and Transform Your Relationships

By Chuck Spezzano



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In If It Hurts, It Isn't Love, author Chuck Spezzano finds truth in simple insights: What I think I need is what I am called to give. Depression is the fear that something new will leave me. When someone gets angry at me, there is a lesson for me to learn. Jealousy is a birthing place. These principles show how to look afresh at one's most important relationships, in a way that heals pain and brings love and forgiveness. After each principle, the author gives brief exercises that nudge readers further, prompting them to absorb the insights even more deeply.

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Editorial Review

Review

"... not only spiritual and inspirational, it's also immensely practical... full of wisdom and no one can fail to learn..." -- *Virginia Ironside, Sunday Mirror*

"... the Carl Jung of our time. His book is a masterpiece. It is a beautiful rendition of love." -- *from the foreword by Robert Holden*

From the Publisher

For everyone who has wondered, in the midst of a relationship, "Is *this* the way it was supposed to feel?"

About the Author

Chuck Spezzano, Ph.D., speaks and leads seminars and workshops around the world. He is the developer of a unique approach to therapeutic healing, the Psychology of Vision, and the author of six other books, including *The Enlightenment Pack* and *Happiness Is the Best Revenge*. He lives in Hawaii.

Users Review

From reader reviews:

Jewell Garza:

Reading a guide tends to be new life style in this era globalization. With reading through you can get a lot of information that could give you benefit in your life. Using book everyone in this world can easily share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their reader with their story or maybe their experience. Not only situation that share in the guides. But also they write about the ability about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors on earth always try to improve their proficiency in writing, they also doing some study before they write to the book. One of them is this If It Hurts, It Isn't Love: And 365 Other Principles to Heal and Transform Your Relationships.

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