



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.

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