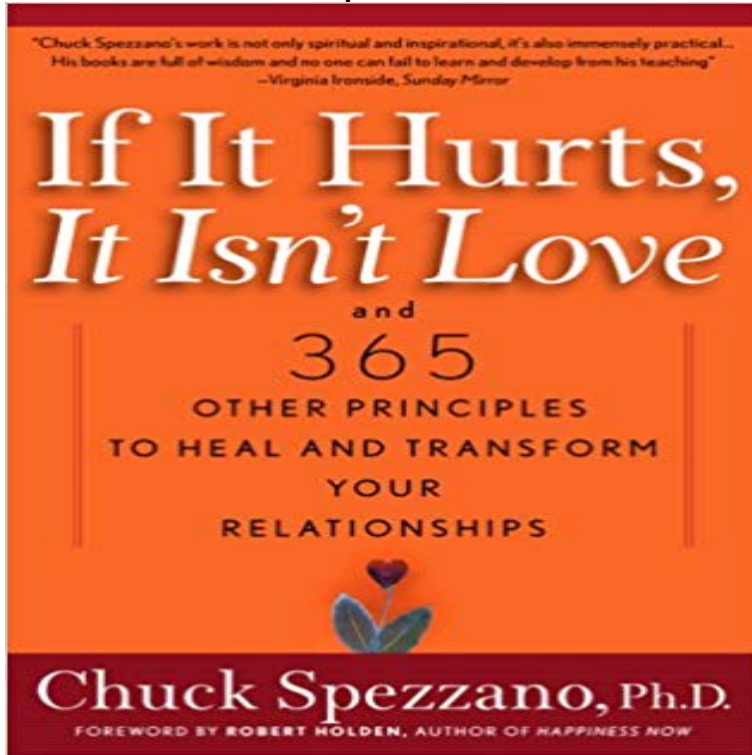


If It Hurts, It Isn't Love: And 365 Other Principles to Heal and Transform Your Relationships



If It Hurts, It Isn't Loves 366 razor-sharp principles are guaranteed to stop you in your tracks: What I think I need is what I am called to give. Depression is the fear that something new will leave me. If my partner loses, I will end up paying the bill. The longer I hold on, the more I lose. Every power struggle is a reminder of a place where I have been hurt. Jealousy is a birthing place. Chuck Spezzano, the author of these and the 360 other daily principles in this book, is a true original. A student and teacher of human psychology for thirty years, Spezzano brings to this volume deep-seated wisdom and down-to-earth insights into the human heart and mind, and a bedrock belief that our relationships are unabashedly spiritual. As few other relationship experts do, he encourages us to dispel the pain and hurt that often characterize our most significant relationships, and urges us to transform ourselves-and thereby our relationships with those whom we most love.

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