



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

Chuck Spezzano , Robert Holden

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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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Elizabeth says

This is a daily meditation book on relationships. For a while I was reading a page daily, but now I read it when I am struggling with some sort of conflict or concern. I find that the principles and wisdom always alter my perspective & encourage me to change the things I can change (myself) and release my expectations and blame of others.

Randi J says

Life changing!

Yvonne says

I've bought a couple of this as gifts to my friends. It helped me through one of the worst heartbreaks and I was never the same again.

Judy says

This book is filled with great one-page topics that help you keep a positive perspective and assess your personal views towards life's challenges.

Elizabeth Black says

This book works well as a "Thought for the day" as each entry is autonomous from the others. The drawback is that often times I found myself wanting desperately for him to elaborate on a profound insight, but turn the page, and you're to a different topic for a different day. It makes me want to read his other books!

Beth Rocks says

This book is chock full of advice on how to be more loving and committed to your relationships.
