



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

*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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