

In Print

**By Chuck Spezzano, Ph.D. Marlowe & Company; 1998**

*If It Hurts, It Isn't Love's* 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 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

**Making Peace with Your Past**

**By Harlod Bloomfield, M.D. Harper Collins; 2000**

Do you...

- Harbor guilt, gripes, or grudges from past relationships?
- Feel plagued by thoughts like "If only I had..." or "I wish I didn't..."?
- Think "Oh, no, not again!" when personal problems arise?
- Feel ashamed of things you've done?
- Wish you could apologize to someone you've wronged and be forgiven?
- Feel victimized by past experiences?
- Wish you could set the record straight - and finally be vindicated?
- Wonder why life hasn't turned out the way you wanted?
- Feel anxious or depressed about your future?
- Seem to be less happy as time goes by?

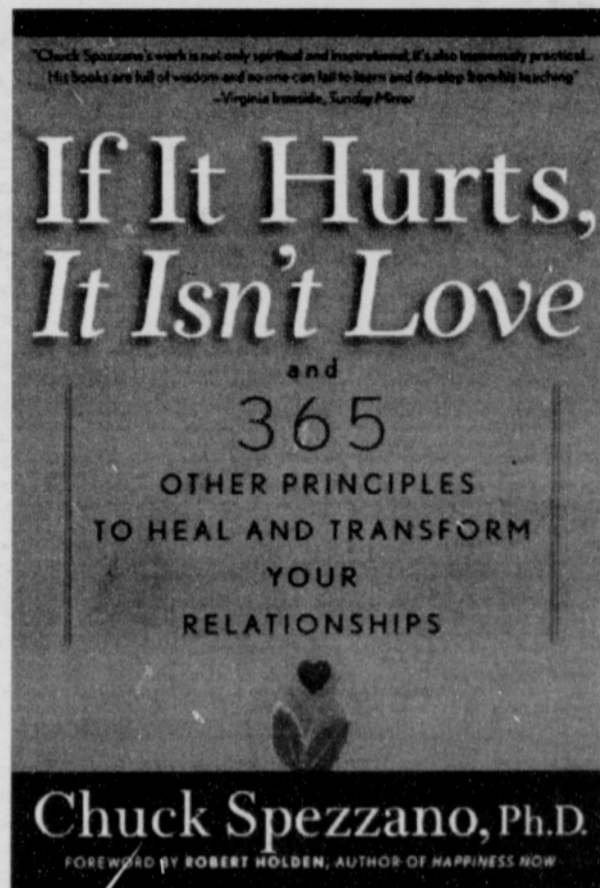
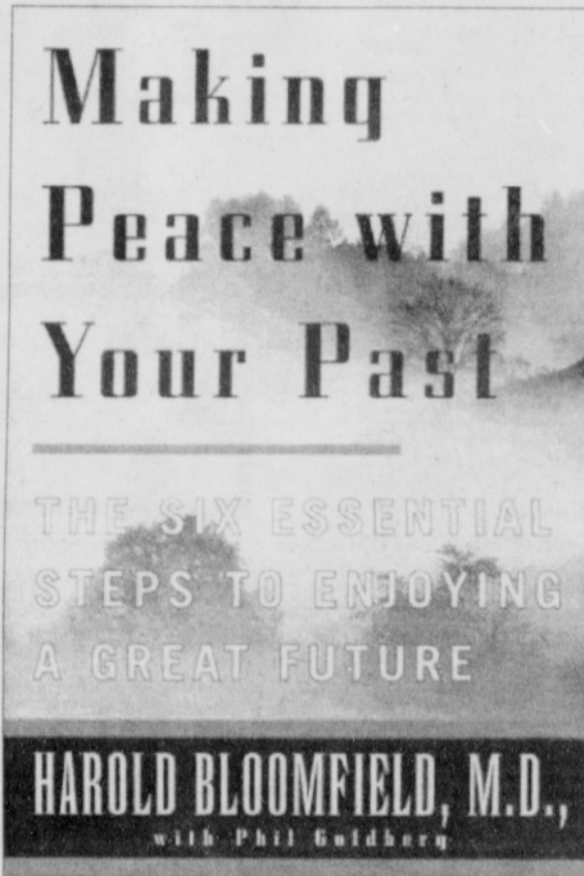
If you answered yeas to even one of these questions, you've come to the right place. It's time to make peace with your past.

The past lives on in everything you think, feel, say, and do. Medical studies show that adults who've had adverse childhood experiences are much more vulnerable to life-threatening illnesses such as cancer and heart disease. But you can heal the pain of the past and create a vibrant, joyful future.

Through Dr. Bloomfield's dynamic, psychospiritual approach, confusion is replaced by wisdom, bitterness by gratitude, heavy burdens by a lightness of being. You will finally be able to put the past to blessed rest and create the future you always dreamed of - and deserve.

**If It Hurts, It Isn't Love**

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 relationships 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 must love.



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