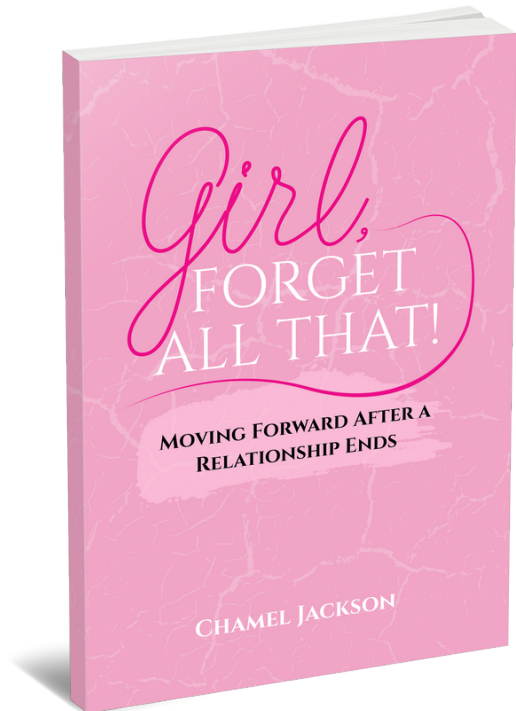


Chamel Jackson



Chamel Jackson is an author, coach, and speaker from Memphis, TN. Her commitment to being abstinent until marriage led her to start Breaking it Down with C Jackson and write "W.A.I.T (Women and Intimate Tales)"—platforms exploring this sensitive topic through God's word and personal stories. Following a significant breakup, she authored "Girl, Forget All That! Moving Forward After a Relationship Ends," empowering Christian women to heal after a breakup. Chamel's mission now is guiding single Christian women to understand and embrace their identity in Christ to conquer rejection, gain confidence, and fulfill their God given purpose.



Breakups can suck! Whether you are the person being let go in a romantic relationship or whether you are the person someone let go, the healing process can be difficult and unpredictable. However, there is a bright side of breakups which can be life-changing and rewarding. In *Girl, Forget All That!* Chamel shares the intimate details of her breakup after a four-year relationship, the journey of her healing process, the details of her comeback onto the dating scene, and the benefits of healing from a breakup. On a mission to help Christian women on their journey to finding the abundant life after a breakup, Chamel, authentically and transparently breaks it down to empower women to heal from a breakup and move gracefully forward preparing to live their best life!