

CLARA MONIQUE

Author Bio

Clara Monique is a nurse, entrepreneur, and author dedicated to inspiring others through her journey of resilience and transformation. As the founder of Life Liquified, she offers holistic wellness services, including IV hydration and vitamin therapy, to promote physical and emotional healing. Her debut book, *More Than What I've Been Through*, chronicles her triumphs over adversity, aiming to empower readers to overcome their own challenges.



Book Bio

More Than What I've Been Through is a compelling memoir that delves into Clara Monique's experiences with childhood trauma, domestic violence, and single motherhood. Through candid storytelling, Clara illustrates how she transformed her pain into purpose, providing readers with a roadmap to resilience and self-discovery. This inspiring narrative encourages individuals to rise above their circumstances and embrace their true potential.

