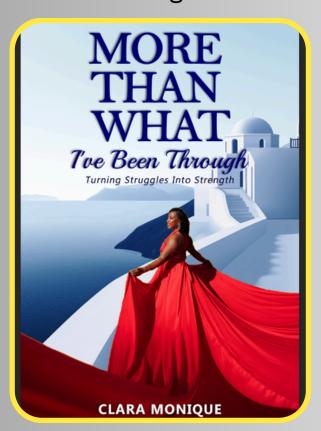
CLARA MONIQUE

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.