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## *Unbraided*

TRANSFORM YOUR PAIN TO POWER AND PURPOSE  
KARLA MONTERROSA

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Vulnerable, courageous, and deeply personal, *Unbraided: Transform Your Pain to Power and Purpose*, will help you to identify the areas of your life that are being affected by abuse and provide a path for you to experience breakthrough and healing.

Modeled after her own healing journey, *Unbraided* will help you get healthy emotionally and spiritually so you can cultivate the self-confidence and courage needed to follow through to freedom. Learn how to deal with the long-term effects of abuse—fear, shame, lack of trust, and anger—in order to build strong relationships, enjoy intimacy, and experience joy.

Using thought-provoking journaling exercises, biblical principles, and her one-of-a-kind 7 Steps Toward Healing framework, Karla will gently guide you through a journey of self-reflection and healing—while making it feel like an intimate conversation with a trusted friend over coffee. Are you ready to step forward into the life you desire with renewed energy, unshakeable confidence, and purpose?

## *About Karla Monterrosa*

An author, speaker, and women's empowerment coach, Karla Monterrosa is dedicated to improving the lives of women and families through programming that is practical, unique, and transformational. With nearly two decades of experience in community and economic development and a survivor of abuse herself, she understands what motivates, inspires, and ultimately leads people to unlock their power and is passionate about leveraging her skills to help others overcome their past. Karla specializes in guiding women to discover their God-given purpose through honest self-reflection, application of biblical principles, and her one-of-a-kind 7 Steps Toward Healing framework. Karla would love to bring her message of healing and empowerment to your audience as a life-changing podcast guest, event speaker, or workshop leader.

**You can find Karla at [www.unbraidedlife.com](http://www.unbraidedlife.com), @karlabmonterrosa on Instagram, Karla Monterrosa on Facebook. To book Karla to speak: [speaking@unbraidedlife.com](mailto:speaking@unbraidedlife.com).**



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