

Monica L. Garrison

Bio

Monica L. Garrison is an Author, Speaker, Intuitive Coach, Spiritual Teacher and founder of 17 Reasons Apparel. An engaging storyteller, Monica is known for her delightful humor and Tell-it-like-it-is honesty and adept skill in shifting people out of pain and fear, into a happier experience. Her great passion is bringing healing to people who have been through painful experiences.

Over the last six years, Monica offers private sessions, courses and workshops helping people **connect with their heart** and **release the things that hold them back** from being their greatest version of themselves. Combining the *unconditional love* of a mother and the *humor* of a best friend, Monica helps people move into a higher vibration of living ... *and* a higher vibration of **Being**. Using her spiritual and intuitive gifts, she shines a light on the areas of lack, fear, and insecurities. Monica feels strongly that at the heart of these issues is a lack of *Self-Love*. By reflecting the **true nature** of her clients back to them – **which IS Love** – they can experience, and then allow in that unconditional love, and begin to heal themselves.

Follow her on Twitter @monicalgarrison, Instagram @monica_l_garrison, like her Facebook page monicalgarrison or visit her website at monicalgarrison.com. Find out more about 17 Reasons Apparel at 17reasonsapparel.com.