

## A Love Letter to Your Healing

This kit was born from a heartbreak I never saw coming — and a conversation I'll never forget.

I was spiraling, asking the same question on loop:  
**“Who would do this to someone they said they loved?”**

My father, with all the clarity that comes from watching his daughter doubt her worth, simply said:

**“WHY are you crying over a WHO? WHO ARE YOU?”**

That moment became a turning point.  
Not just in my healing — but in my life.

The WHO-ERA™ is a chapter. A choice. An energy shift.

It's the moment you stop shrinking for the one who left — and start expanding for the version of you that stayed.

Because sometimes, the best revenge...  
is written in glitter and forgiveness.

This isn't a comeback.

**This is your era.**

The WHO-ERA™.



Founder, Creator & the WHY

No more  
focusing on  
*the* **WHO**  
they are, and  
more on the  
**WHY** — us. <sup>R\*</sup>



*Rejection is  
redirection.*<sup>R\*</sup>



Are You  
Crying over  
a **WHO?** *R+*



They didn't  
reject you.  
The universe  
*re-routed*  
YOU. *R+*



It's my

WHO  ERA™

The **WHO**  
that used me  
was never  
meant to stay.

The **WHY**  
was in letting  
go. *R\**

I stopped  
chasing closure.

*I became it.* <sup>R\*</sup>





The season  
where

*I found me.* <sup>R</sup>\*

**Dear WHO,**

I thought I'd write this a thousand times.  
I rehearsed what I'd say if you ever came back.  
I played out every version—the scream, the silence,  
the perfectly worded closure.

But you never came.  
And I stopped waiting.  
So here it is—

Not for you to read,  
*but for me to release.*

You taught me more in absence than in presence.  
More in your silence than in all the things you said  
when I was soft enough to believe them.

I used to think you had the power to undo me.

**You didn't.**  
*You only interrupted.*

The truth is: I never needed your apology.  
I needed mine—

To the version of me who settled for less than I knew.

You were a moment.  
A lesson.  
A **WHO**.

**But you don't get the last word.**  
**I do.**

—The **WHY** <sup>R</sup>