

# Cease and Desist Letter

Date: [Insert Date]

To: [Recipient's Name]

Address: [Recipient's Address]

Dear [Recipient's Name],

I am writing to formally request that you cease and desist from making false and defamatory statements about me in various media outlets. Your comments, made on [insert date of remark], have caused significant harm to my reputation and have no basis in fact.

Specifically, you have stated that [insert specific false statements here]. These statements are untrue and misleading, and I have documented evidence that contradicts your claims.

If you do not cease this slanderous behavior, I will have no option but to pursue all legal remedies available to me to protect my reputation and seek damages for the harm caused.

Please consider this letter a final warning. I expect a prompt response indicating your compliance.

Sincerely,

[Your Name]

[Your Address]

[Your Email]

[Your Phone Number]