

Cease and Desist Letter

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Your Email Address]

[Your Phone Number]

[Recipient's Name]

[Recipient's Business Name]

[Recipient's Address]

[City, State, Zip Code]

Subject: Cease and Desist Unlawful Practices

Dear [Recipient's Name],

I am writing to formally notify you that your actions regarding [specific unlawful practices] are unlawful and infringe upon my [rights, business, etc.].

Specifically, you have engaged in [describe the unlawful practices in detail]. Such actions are not only unethical but also illegal under [cite relevant laws or regulations].

This letter serves as a demand for you to cease and desist from these practices immediately. If you do not comply within [number of days, typically 10-15], I will be forced to take legal action to protect my rights.

Please consider this matter seriously and govern yourself accordingly.

Sincerely,

[Your Name]

[Your Title/Position, if applicable]