

# NOTICE TO CEASE AND DESIST

Date: \_\_\_\_\_

**Re: Defamation of Character - Libel and/or Slander**

Dear \_\_\_\_\_,

It has come to my attention that you have been maliciously spreading inaccurate and unfounded information that is damaging to my personal and professional character.

Under the laws in the State of \_\_\_\_\_, it is unlawful for an individual to make deliberate statements that intend to harm a person's reputation without factual evidence or based on hearsay.

The defamatory statements include, but are not limited to, the following:

Therefore, you are hereby requested to **immediately cease and desist the defamatory statements**. If you do not comply with this request, without further notice to you, I shall take all available legal remedies for your defamation, including but not limited to filing a lawsuit in the proper jurisdiction seeking monetary damages.

I wish to receive your assurances that you have ceased the defamatory statements, accompanied by proof, by \_\_\_\_\_.

Sincerely,

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