

Break the cycle. Reclaim your power. Rebuild your life.

If you've ever questioned your worth, silenced your truth, or shrunk yourself to survive the storm of a toxic relationship—this book is your lifeline. Unshackled is more than a guide. It's a soul revival.

A blueprint for women who are done waiting, done explaining, and done settling for less than they deserve. Inside, you'll discover the transformational **RAAA Framework: Reclaim. Activate. Align. Ascend.**

A four-phase journey to break generational cycles, rebuild your self-worth, and awaken the version of you that refuses to stay silent any longer.

- **Reclaim the voice** you were told was too loud
- **Activate your boundaries**, your fire, your next chapter
- **Align your life** with your deepest truth
- **Ascend into the woman** you were always meant to be

With raw personal stories, spiritual insight, and fierce, practical tools, Althea A. Scurvin walks with you—step by step—through the fire and into your freedom.

This isn't just a book. It's a movement. A mirror. A megaphone.

Your soul didn't find it by accident.

You were never meant to shrink.

You were born to RAAA!



About the Author

Althea A. Scurvin is a transformational speaker, global program leader, and founder of **Vas Noble**, a transformative consulting firm helping women escape toxic cycles and rise into purpose-driven entrepreneurship. After decades of leading transformation inside Fortune 500 companies, she now leads a movement—empowering women to break free, heal deeply, and rise boldly.

Join the movement at www.vasnoble.com

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The RAAA Framework for Escaping Toxic Relationships and Reclaiming Your Life

UNSHACKLED

ALTHEA SCURVIN

