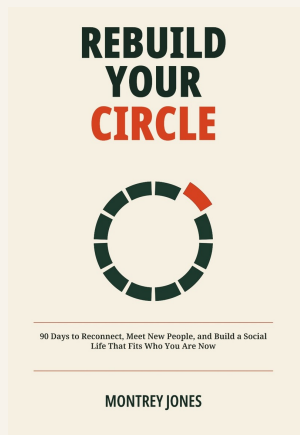


Montrey Jones

Adult friendship & connection
Greenville, South Carolina



Your life got fuller.
Your circle got smaller.



THE BOOK

Rebuild Your Circle

90 Days to Reconnect, Meet New People, and Build a Social Life That Fits Who You Are Now

A practical 90-day guided workbook for adults who want to reconnect, meet people, and make room for relationships in their current stage of life. Reflection, writing, and real-world action—not a promise of a new circle in 90 days.

312 pages · 7 × 10 inches · Black-and-white interior
Paperback & hardcover · Current pricing and availability on Amazon

ABOUT MONTREY

Montrey Jones is a Greenville, South Carolina-based author who writes about adult friendship, connection, and the social side of growth. His first book, *Rebuild Your Circle*, is a practical 90-day guided workbook about reconnecting, meeting people, and building a social life that fits who you are now. He writes from lived experience, research, and reflection.

An author perspective—not a clinical service.

CONVERSATIONS TO OPEN

- 01 Why does keeping up get harder as life fills up?
- 02 What do you say when it has been a while?
- 03 How do you turn “we should” into an actual plan?
- 04 How do you leave room for a no—or no response?

INTERVIEWS & EVENT INQUIRIES

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Author conversations, moderated discussions, and workshop formats are available for discussion. Scope and availability are agreed individually.