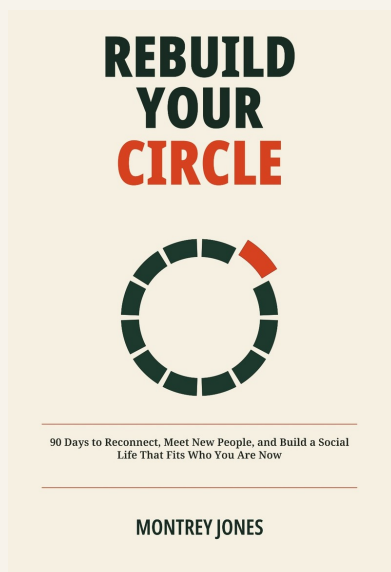


Your life got fuller. Your circle got smaller.

Adult friendship. Busy lives. Making room for people.



THE BOOK

Rebuild Your Circle

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

Rebuild Your Circle is a practical, hands-on, 90-day guided workbook about adult friendship, reconnection, meeting people, and building a social life that fits your current stage of life. It offers a structure for reflection and practical action, not a promise of a new circle in exactly 90 days.

312 pages · 7 × 10 inches

Paperback & hardcover · Black-and-white interior

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.

MEDIA & EVENT CONTACT

montreyjonesbooks@gmail.com

[Amazon book listing](#)

[Amazon author page](#)

See Amazon for current editions, prices, and availability. No clinical results or friendship outcomes are promised.

A useful conversation. A prepared guest.

Montrey Jones · Author
Greenville, South Carolina



QUESTIONS TO OPEN THE CONVERSATION

- 01 Why can keeping up with people get harder as life fills up?
- 02 What can someone say when it has been a long time?
- 03 How do you turn “we should get together” into a specific invitation?
- 04 What does respecting a no—or no response—look like?

POSSIBLE EVENT FORMATS

Author conversation, group discussion, or practical workshop. Topics can include specific invitations, connection in a busy week, and moving beyond introductions.

Formats and availability are discussed individually. Length, fees, materials, permissions, and accessibility needs are agreed with each host. A proposal is not a confirmed booking. These are educational conversations, not clinical services.

WHEN YOU NEED MORE

Extended review samples, tailored program outlines, and special image or reuse requests are handled individually. Email your outlet or organization, intended use, and any deadline. Detailed workshop and workbook materials are not included in this public kit.

montreyjonesbooks@gmail.com

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