

JUST

Over Thirty Days

NINETY

That Are Scientifically Proven

MINUTES:

To Help You Become

A NEW

More Connected

YOU

BY SAMANTHA JONES DARLING

**JUST 90 MINUTES
OVER 30 DAYS
A NEW YOU.**

**Underestimating the effectiveness of
these techniques because they are simple
would be a MISTAKE!**

SAMANTHAJONESDARLING.COM

90 MINUTES TO A NEW YOU!

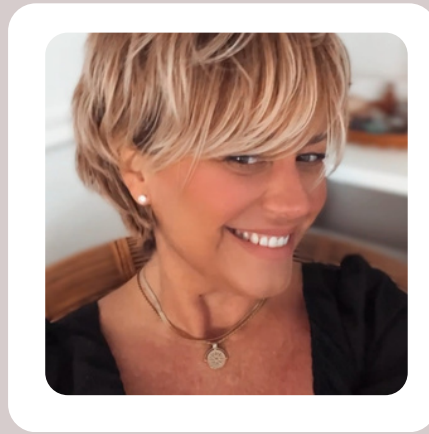
JUST 3 MINUTES A DAY!

Ninety minutes over a thirty day period, which means JUST three minutes a day is all you need to build a new foundation of self connection which leads to real confidence, emotional stability, better decisions, less fear, more love, more peace, more opportunities, authentic abundance, and last but certainly not least, more **SELF LOVE**.

This powerful yet easy **30 day program** will build the intimate relationship to yourself that's needed to have an intimate relationship with life. Learning to Self-serve stability like this will end the internal war and create an **unshakeable internal trust**.

When you know who you are, you teach the world how to love you, simply by being yourself.

S A M A N T H A J O N E S D A R L I N G . C O M



SAMANTHA JONES DARLING

“I help people come home to themselves.”

Samantha is an inspirational author, self connection event host, self development mentor, and empowerment retreat host.

Samantha lives to help you get connected to YOU!

In all of her work: books, retreats, mentoring, and YouTube channel, the goal is to show how she was lost, how she came back to herself, and how you can too!

Samantha’s life of personal exploration involves an eight year solo journey around the world, to rid herself of everything that did not resonate with her soul while healing herself from the inside out.

Samantha attended 200HR YTT with Mark Whitwell and is a Certified Huna Hawaiian Shamanic Practitioner.

Samantha hosts empowerment retreats full time based on her **travel based self development workbook**, “Ladder To Lightness, be the light of your own life” at her home on the edge of 30A.

CONTENTS

1
HOW DID WE GET SO DISCONNECTED?

2
WHAT DOES DISCONNECTION LOOK AND
FEEL LIKE ?

3
JUST THREE MINUTES A DAY

4
AT THE END OF THIRTY DAYS

5
THE TRUTH YOU NEED TO KNOW.

“

“Love, in Buddhism, always begins with yourself, before the manifestation of the other person in your life. The teaching of love in Buddhism is that when you go home to yourself, you recognize the suffering in you. Then the understanding of your own suffering will help you to feel better, and to love, because you feel the completeness, the fulfillment in yourself. So you don't need another person to begin to love. You can begin with yourself.”

—THICH NHAT HANH

SAMANTHAJONESDARLING.COM