



JUST  
Per day  
THREE  
for thirty days  
MINUTES:  
to connect  
TO A NEW  
what was lost  
YOU

SAMANTHA JONES DARLING

# JUST 3 MINUTES TO A NEW YOU

We've lost the connection to ourselves, to our confidence, to our composure.

We've lost our inner peace which leads to external chaos.

We've been disconnected from ourselves, our inner authority, we can't hear our own instincts.

Do you wish you could be less affected by the world's emotions? Do you feel scattered more than you'd like to? Do you sometimes feel intimidated and can't say what you want?

Do you want to be able to make better, healthier decisions from a place of stability? Do you want to feel sure when you say yes? Do you want to be able to hear your heart?

This book has ONE simple solution.

It's easy, it's free, it works anywhere, it works every time, and it's undetectable.

***Stabilize your world in just three minutes a day!***

SAMANTHAJONESDARLING.COM

***Being a leader doesn't mean you have  
followers, it means you go first.***

# 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**

# 1

CHAPTER

## WHAT HAPPENED?