**TERMS AND CONDITIONS**

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**Article 1 – Definitions**

1. **Provider:** Harry Norder, who can be contacted at h.norder@boostinglifestyle.com
2. **Participant:** The individual participating in the self-help program or guidance program.
3. **Self-Help Program:** The digital or physical self-help program.
4. **Agreement:** The agreement between the Provider and the Participant.

**Article 2 – Nature of the Program**

1. The Provider has personal experience and expertise in this field and is **not a BIG-registered healthcare professional in the Netherlands**.
2. The program focuses on self-reflection and personal development.
3. The program does not constitute psychological treatment, therapy, diagnosis, or medical care.
4. No diagnoses are made and no medical advice is provided.
5. The program does not replace regular mental healthcare and is not suitable for individuals experiencing an acute psychological crisis.

**Article 3 – Applicability**

1. These Terms and Conditions apply to all offers, agreements, and services provided by the Provider.
2. Deviations from these Terms and Conditions are only valid if agreed upon in writing.

**Article 4 – Formation of the Agreement**

1. The Agreement is concluded upon registration and payment.
2. The Provider reserves the right to refuse participation if participation is considered inappropriate or unsafe.

**Article 5 – Participant's Responsibility**

1. The Participant remains solely responsible for their mental and physical health at all times.
2. Participation requires a sufficient level of stability and self-regulation.
3. Participants experiencing psychological difficulties should seek professional help.
4. In the event of an acute crisis, the Participant should contact their general practitioner, treating professional, or, in the Netherlands, **113**; in Belgium, **1813**; or the relevant crisis services in their own country.

**Article 6 – Content and Delivery**

1. The Provider will perform the Agreement to the best of their knowledge and ability.
2. No guarantee is given regarding specific results.
3. Results depend on the Participant's commitment, circumstances, and personal situation.

**Article 7 – Payment**

1. All purchases of the Self-Help Program are subject to the sales terms and conditions of our payment provider, Lemon Squeezy. Due to the digital nature of the product (immediate delivery by download and/or email), you agree upon purchase that delivery will begin immediately and that you waive your right to cancel the purchase (right of withdrawal). The e-book is intended for personal use only; copying, distributing, or commercially exploiting its contents is strictly prohibited and is protected by copyright law.
2. Payment must be made prior to participation, unless otherwise agreed.
3. If payment is not received, access to the program may be suspended.

**Article 8 – Cancellation and Termination**

**Self-Help Program**

After delivery of the digital Self-Help Program, refunds are not possible.

**Article 9 – Liability**

1. The Provider is not liable for any direct or indirect damage arising from participation in the program.
2. Any liability is limited to the amount paid for the Self-Help Program.
3. Liability is excluded unless the damage results from willful misconduct or gross negligence on the part of the Provider.
4. The Participant acknowledges that participation is entirely voluntary.

**Article 10 – Intellectual Property**

1. The Self-Help Program and all related materials remain the property of the Provider.
2. Materials may not be copied, distributed, or used for commercial purposes without the Provider's prior written consent.

**Article 11 – Confidentiality**

1. The Provider will treat personal information as confidential.
2. Personal information will not be shared with third parties without consent, unless disclosure is required by law.
3. The Participant is responsible for ensuring secure communication (for example, by using secure email).

**Article 12 – Privacy**

1. Personal data will be processed in accordance with the **General Data Protection Regulation (GDPR)**.
2. A separate Privacy Policy is available on the website.

**Article 13 – Force Majeure**

1. In the event of force majeure, the Provider and Participant will consult with each other to find an appropriate solution.

**Article 14 – Governing Law**

1. This Agreement is governed by Dutch law.
2. Any disputes will be submitted to the competent court in the judicial district in which the Provider is established.