

Legal & Privacy Policy

Effective Date: January 1, 2025

Welcome to **michaelbetz.com**. By visiting this site, purchasing products, subscribing to emails, or using any of our content, you agree to the terms below. If you have questions, feel free to reach out anytime at **[insert your email here]**.

Privacy Policy

We value your privacy. Here's what we collect and how we use it:

We may collect:

- Your name and email (via sign-ups, contact forms, or downloads)
- Shipping and billing info (for book or merch orders)
- Analytics data via cookies (page views, location, time on site)

We use your info to:

- Deliver newsletters and updates
- Process your orders securely
- Improve your experience on the site
- Share info about new products, podcast episodes, or events

We **never sell** your information.

You can unsubscribe anytime or request deletion of your data by emailing us at **[your email]**.

Terms of Use

Everything on this site—including the book, podcast, videos, and merch—is for **personal, non-commercial use** unless otherwise agreed in writing.

You agree not to:

- Use this site for unlawful purposes
- Copy or distribute content without permission
- Disrupt or interfere with the site's operation

We reserve the right to update or restrict access at any time.

Disclaimer

The content shared here—including personal stories, journal prompts, and motivational tools—is for **educational and inspirational purposes only**. It is **not medical, mental health, legal, or financial advice**.

Results may vary, and you are responsible for your own decisions.

If you're experiencing emotional distress or a crisis, please seek support from a licensed professional or contact emergency services.

Third-Party Services

We may use trusted tools like:

- Mailchimp (for emails)
- Shopify or GoDaddy Store (for orders)
- Stripe or PayPal (for payments)
- Google Analytics (for web traffic insights)

These tools may access limited data to do their job, but we only work with secure providers.

Updates to This Policy

We may update this policy occasionally. When we do, we'll revise the "Effective Date" at the top. Continued use of the site means you accept the latest version.

Contact Us

If you have questions about this policy or anything else, contact us at:

Karla@michaelryanbetz.com
