Terms and Conditions

Last updated: 2026

1. Introduction

This website, **chris-cooper.com**, is operated by **Chris Cooper**.

By accessing and using this website, you agree to be bound by these Terms and Conditions.
If you do not agree with any part of these terms, please do not use this website.

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2. Purpose of the Website

This website is intended to:

- present books and written works by the author,
- publish blog articles and reflective content related to writing, food, stress, wellness, work culture, and personal experience,
- provide informational and personal insights only.

All content is provided for **general informational purposes** and does not constitute medical, professional, or legal advice.

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3. Intellectual Property

All content on this website, including but not limited to:

- text, articles, blog posts,
- images, photographs, graphics,
- logos, branding elements,
- book descriptions and excerpts,

is the exclusive property of **Chris Cooper**, unless otherwise stated.

No content may be copied, reproduced, distributed, modified, or reused without prior written permission.

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4. Limitation of Liability

The information on this website is provided in good faith.

Chris Cooper shall not be held liable for:

- errors or omissions in the content,
- interpretations or actions taken based on the information provided,
- any direct or indirect loss or damage arising from the use of this website.

Use of the site and its content is at your own risk.

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5. External Links

This website may contain links to third-party websites.

Chris Cooper has no control over the content, availability, or privacy practices of external sites and accepts no responsibility for them.

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6. User Conduct

When using this website or contacting the author:

- you agree not to post or transmit any unlawful, defamatory, abusive, or inappropriate content,
- respectful and constructive interaction is expected.

The site owner reserves the right to remove content or restrict access if these conditions are violated.

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7. Privacy

Personal data submitted through contact forms or email will be handled in accordance with the website's **Privacy Policy** and will not be shared without consent.

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8. Changes to These Terms

These Terms and Conditions may be updated at any time without prior notice.

Continued use of the website after changes are made constitutes acceptance of the updated terms.

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9. Governing Law

These Terms and Conditions are governed by applicable laws of the country of residence of the site owner.

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10. Contact

For any questions regarding these Terms and Conditions, you may contact:

Chris Cooper
Website: https://chris-cooper.com