

Terms & Conditions:

1. This is a Giveaway for three people to receive a paperback copy of *Internal Family Systems: Making a Start (and Getting Curious)* by Emma E. Redfern, published by Sheldon Press. To have a chance of receiving the Giveaway, please email emma@emmaredfern.co.uk with your name, address, and phone number, and include in the subject line: GIVEAWAY IFS BOOK. This offer is only available for three people via that email address.
2. Names will be written down, concealed and then three names will be drawn at random.
3. There is no purchase necessary to enter.
4. The giveaway opens at 10:00 am GMT on 12th February 2026 and closes at 11:59 pm GMT on 28th February 2024. Any entry emails received outside these specified times and dates will not be eligible to receive the Giveaway.
5. The Giveaway is open to residents of the UK aged 16 or over.
6. Entries will not be accepted via agents, third parties or in bulk.
7. Emma E. Redfern is not responsible for contacting or forwarding the Giveaway to entrants who provide unclear or incomplete information or for entries lost, misdirected, delayed or destroyed.
8. Emma E. Redfern reserves the right to alter the Giveaway or cancel the Giveaway without notice but will try to avoid creating any undue disappointment. No cash alternatives to the Giveaway will be provided. If a winner is unable to accept their Giveaway or cannot be contacted, Emma E. Redfern reserves the right to select another entrant to receive the Giveaway.
9. Emma E. Redfern will make available the first name and county of the winner to anyone who requests this information via email to emma@emmaredfern.co.uk.
10. Emma E. Redfern is the data controller of Personal Data that is collected in the course of running the Giveaway and will use the Personal Data in accordance with the following Privacy Notice (<https://emmaredfern.co.uk/privacy-policy/>). She will use such Personal Data for the purposes of running the Giveaway and delivering the Giveaway and will delete it after a reasonable period from the end of the Giveaway and after the Giveaway has been delivered. "Personal Data" means names of entrants and other details provided by them (e.g. email addresses, telephone numbers) for the Giveaway. Emma E. Redfern will not share such Personal Data with any third parties except for the purpose of delivering the Giveaway. The publishing company may need to provide the winner's address and other

relevant information to its distributor Hachette UK Distribution Limited or to a third party distributor, supplier or platform to enable the Giveaway to be delivered.

11. Winning entrants have opted-in to receive communications from Sheldon Press, the email addresses of winning entrants may be used by them in accordance with its Privacy Notice (<https://www.hachette.co.uk/landing-page/hachette/privacy-policy/>) to send news about books, products and promotions and to invite entrants to participate in surveys. Winning entrants will be given the option of opting out in those emails if they don't want to receive any further communications.

11. By entering for the Giveaway entrants agree to be bound by these terms and conditions.

12. This competition is being organised by Emma E. Redfern, psychotherapy professional, 4 Joslin Road, Honiton, Devon EX14 1RH in conjunction with Sheldon Press an imprint of John Murray (Publishers) of Carmelite House, 50 Victoria Embankment, London EC4Y 0DZ ("Company") and Reconnect Magazine of 18 Millin Way, Dawlish Warren EX7 0EP.

13. These terms and conditions and any disputes or claims (including non-contractual disputes or claims) arising out of these terms and conditions shall be governed and construed in accordance with the laws of England, whose courts shall have exclusive jurisdiction.