

## Terms & Conditions:

1. This is a prize draw for one (1) winner to receive one (1) Oura Smart Ring (which has a recommended retail price of £249). To enter, please sign up to the Company's Nourish and Inspire newsletter (found [here](#)) by providing your name and email address along with proof of your pre-order purchase of the book 'Downsizing' by Tom Watson published by the Company (the "Book").
2. The winner will be selected at random from the entries received in accordance with these terms and conditions by the Company using a computer process. The decision will be final and no correspondence will be entered into.
3. Save for the purchase of the Book, there is no purchase necessary.
4. The prize draw opens at 12:01 pm GMT on Monday 18<sup>th</sup> November 2019 and closes at 16:00 pm GMT on Monday 1<sup>st</sup> January 2020. Any entries received outside these specified times and dates will not be eligible for entry into the prize draw.
5. The winner will be notified by email in the week commencing Monday 6<sup>th</sup> January 2020. The winner may see their name posted on the Company's website and on other websites and social media accounts.
6. The prize draw is open to residents of the UK (excluding Northern Ireland) aged 18 or over except employees of the Company, their families, or anyone professionally connected to the prize draw either themselves or through their families.
7. Only one entry per person allowed. Second or subsequent entries will be disqualified. Entries will not be accepted via agents, third parties or in bulk.
8. The Company is not responsible for contacting or forwarding prizes to entrants who provide unclear or incomplete information or for entries lost, misdirected, delayed or destroyed.
9. The Company reserves the right to alter the prizes or cancel the prize draw without notice but will try to avoid creating any undue disappointment. No cash alternatives to prizes will be provided. If a winner is unable to accept their prize or cannot be contacted, the Company reserves the right to select another winner.
10. The Company will make available the name and county of the winner to anyone who requests this information by writing to the Company at the address shown below (enclosing a self-addressed envelope) within one (1) month after the closing date stated in condition 4. If you object to any or all of your name and county being made available, please contact us at [INSERT EMAIL ADDRESS] with ""Downsizing" prize draw" as the subject of the email. In such circumstances, we must still provide the information to the Advertising Standards Authority on request.
11. The Company is the data controller of Personal Data that it collects in the course of running the prize draw and will use the Personal Data in accordance with the Company's Privacy Notice, which can be found [here](#). It will use such Personal Data

for the purposes of running the prize draw and delivering any prize(s) and will delete it after a reasonable period from the end of the prize draw. "Personal Data" means names of entrants and other details provided by them (e.g. email addresses, telephone numbers) for the prize draw. The Company will not share such Personal Data with any third parties.

12. Where entrants have opted-in to receive communications from the Company, the email addresses of entrants will be used by the Company in accordance with its Privacy Notice (found [here](#)) to send meditation and wellness guidance and tips as well as news about books, products and promotions and to invite entrants to participate in surveys. Entrants will be given the option of opting out in those emails if they don't want to receive any further communications.
13. By entering the prize draw entrants agree to be bound by these terms and conditions.
14. This prize draw is being organised by Octopus Publishing Group Limited of Carmelite House, 50 Victoria Embankment, London EC4Y 0DZ ("Company").
15. 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.