

Privacy Policy

The Not Crazy Movement | notcrazymovement.com | Effective October 2, 2026

The short version. We collect your name and email when you ask us for something. We use them to send what you asked for and to keep in touch. We do not sell your information. You can unsubscribe or ask us to delete your information at any time.

1. Who we are

The Not Crazy Movement ("we," "us," "our") publishes the book *You're Not Crazy... You're Menopausal* by Delaney Cassidy and related educational resources. This policy covers notcrazymovement.com, join.notcrazymovement.com, and the forms, emails, and downloads connected to them.

2. What we collect

- **What you give us.** Your first name and email address when you sign up for a free guide, the printable toolkit, an advance reader copy, or our emails. For workplace resources we also ask for your work email and organization.
- **Stories you choose to share.** If you use the Share Your Story form, we receive what you write and the permission choice you select. A story may include health information. Share only what you are comfortable sharing.
- **What is collected automatically.** Like most websites, ours record basic technical information such as your browser type, device, approximate location, the pages you view, and how you arrived. This happens through cookies and similar tools.
- **Email activity.** Whether an email was opened and which links were clicked.

We do not ask for payment card details. Book purchases happen on the retailer's site (for example, Amazon) under that retailer's own privacy policy.

3. How we use it

- To send the guide, toolkit, or other resource you requested.
- To send emails about the book, the movement, new research, and new resources.
- To read and respond to stories and messages.
- To understand what is useful so we can improve our pages and emails.
- To measure and show our advertising.
- To keep our sites and forms secure and to meet legal obligations.

4. Your story and your permission

We read every story. We will never publish your name, your photo, or anything that identifies you without your written permission. We follow the permission choice you select on the form, and we contact you before sharing anything, even anonymously. We may lightly edit for length and clarity.

5. Email, and no text messages

Every marketing email includes an unsubscribe link. Use it at any time and the emails stop. We do not send marketing text messages and we do not ask for your phone number.

6. Who we share it with

We do not sell or rent your personal information. We share it only with the service providers that help us operate, and only so they can do that work for us:

- our email and form platform (HighLevel),
- our website host (Squarespace),
- analytics and advertising services (such as Meta),
- professional advisers, or authorities, when the law requires it.

7. Cookies and advertising

Our sites may use cookies and similar tools to remember preferences, measure visits, and measure advertising. Advertising partners such as Meta may use this information to show you our ads on their platforms. You can block or delete cookies in your browser settings, and you can manage ad preferences in your Meta account settings.

8. How long we keep it

We keep your information while you are subscribed or while we need it for the purposes above. If you unsubscribe, we keep a record of that so we do not email you again. You can ask us to delete the rest.

9. Your choices and rights

You can ask us to show you, correct, or delete the personal information we hold about you, or to withdraw a story permission you gave. Depending on where you live, you may have additional rights under your local law. To make a request, email us at the address below. We will respond within a reasonable time.

10. Health information

We are an educational publisher. We are not a healthcare provider, and information you send us is not protected by medical privacy laws such as HIPAA. We still treat anything you share with care, as described in this policy.

11. Children

Our sites and resources are written for adults. We do not knowingly collect personal information from anyone under 18. If you believe a child has given us information, contact us and we will delete it.

12. Security

We use reputable providers and reasonable safeguards to protect your information. No website or email system can be guaranteed completely secure.

13. Where your information is processed

We are based in the United States, and our providers process information in the United States. If you sign up from another country, your information will be transferred to and processed in the United States.

14. Changes to this policy

If we change this policy we will post the new version with a new effective date. If a change is significant, we will tell subscribers by email.

15. Contact us

Email delaney@notcrazymovement.com or write to The Not Crazy Movement, P.O. Box #432, Wolfeboro, NH 03894.