

By reading and/or working through this guide + Gen Z Navigating Life, you understand that Anne Hamro is a [Certified Life Coach](#) and the owner of Anne Hamro Coaching. Our purpose is to educate and empower young adults as they navigate the challenges of transitioning into adulthood.

This book is for informational and educational purposes only. The information and education provided is not intended or implied to supplement or replace professional medical treatment, advice, and/or diagnosis.

Although we do our best to make sure all of the information contained herein is up to date and/or accurate, we do not make any representation that all the information contained herein is accurate or free of errors at all times. We do not assume any responsibility for accuracy of the information contained in the book, or its safety or efficacy as it applies to *you*. You should review any and all changes to your diet, lifestyle, exercise regimen, or supplement routine with your physician or a medical professional before trying it yourself.

We do not offer any representations, guarantees, or warranties, of any variety, regarding the book in any way including, but not limited to, effectiveness, safety, harm, or results achieved as a result of your use of the book. The book is offered **“AS IS”** and without representations, guarantees, or warranties of any kind, including but not limited to, implied warranties of merchantability and fitness for a particular purpose, neither express nor implied, to the extent permitted by law. We are not liable for damages of any kind related to your use of the book or any information contained or discussed therein.

By using this book, you implicitly signify your agreement to all of the terms contained herein.

If you have any questions about this disclaimer, please contact Anne at [anne@annehamrocoaching](mailto:anne@annehamrocoaching). Thank you.