

DAVID R. HAMILTON PhD

# THE FIVE SIDE EFFECTS OF KINDNESS

**CAUTION!**

This Book Will Make You Feel Better, Be Happier & Live Longer



## THE FIVE SIDE EFFECTS OF KINDNESS

This Book Will Make You Feel Better, Be Happier & Live Longer

DAVID R. HAMILTON PHD

Former chemist David Hamilton shares the scientifically proven health benefits of kindness and how they can transform your life.

### DESCRIPTION

Scientific evidence has proven that kindness changes the brain, impacts the heart and immune system, and may even be an antidote to depression.

We're actually genetically wired to be kind. In this book, inspirational ex-scientist David Hamilton shows that the effects of kindness are felt daily throughout our nervous systems. When we're kind, our bodies are healthiest.

In his down-to-earth and accessible style, David shares how:

- Kindness makes us happier
- Kindness improves relationships
- Kindness is good for the heart
- Kindness slows ageing
- Kindness is contagious

This unique book fuses scientific research around being kind with inspirational real life examples of kindness from ordinary people. Reading these stories will nourish your soul and leave you with renewed optimism for the future, and this book will help you see the many ways in which giving your time, energy and love to another could transform your health - and your whole world.

### SALES AND MARKETING

- David is an extremely popular and well-loved author, and has recently won the 'Best MBS Writer 2016' award by leading spiritual magazine *Kindred Spirit*.
- David's blog post 'The Five Side Effects of Kindness' is the most viewed blog post on his website, with an average of 1,000 views per month.
- With his background as a scientist and a PhD in chemistry, David has firmly established himself as an exciting and authoritative voice in the crossover between science and spirituality.
- David regularly runs popular workshops across the UK.

### AUTHOR BIOG

**Dr David Hamilton** worked in the pharmaceutical industry for four years after gaining his PhD. Now a bestselling author, he travels the world offering workshops to help people understand the power of the mind on the body. David also blogs for *The Huffington Post*.

[www.drdauidhamilton.com](http://www.drdauidhamilton.com)

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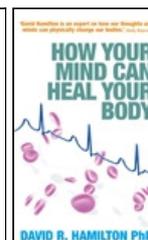
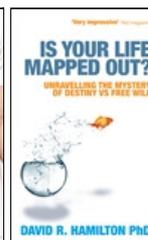
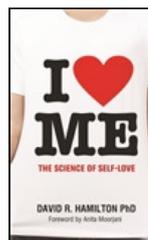
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Author Lives: Dunblane, Perthshire, Scotland

#### Previous Titles:

*I Heart Me*, Hay House UK, 2015, 978-1-78180-184-0; *Is Your Life Mapped Out?*, Hay House UK, 2012, 978-1-84850-635-0; *How Your Mind Can Heal Your Body*, Hay House UK, 2008, 978-1-84850-023-5

### OTHER TITLES



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