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## The Five Side Effects of Kindness: This Book Will Make You Feel Better, Be Happier & Live Longer PDF

DAVID R. HAMILTON Ph.D

### THE FIVE SIDE EFFECTS OF KINDNESS

CAUTION!

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



by David R. Hamilton Ph.D. : **The Five Side Effects of Kindness: This Book Will Make You Feel Better, Be Happier & Live Longer**

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PDF-483e3 | Despite what you might have been told, we're not inherently selfish. The truth is we're inherently kind. Scientific evidence has proven that kindness changes the brain, impacts the heart and immune system, is an antidote to depression and even slows the ageing process. We're actually genetically wired to be kind. In *The Five Side Effects of Kindness*, David Hamilton shows that the effects of k... *The Five Side Effects of Kindness: This Book Will Make You Feel Better, Be Happier & Live Longer*

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