



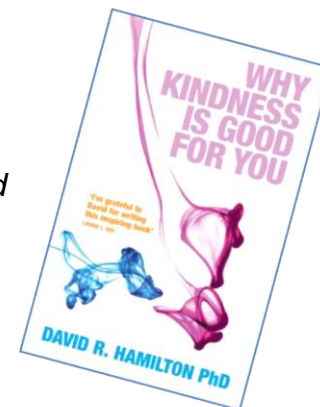
Hay House Publishers and Alchemy invite you to...

## An Evening with David Hamilton

To celebrate the launch of his new book

### Why Kindness Is Good For You

*An inspirational book that shows how kindness has evolved in us and that when we're kind, our bodies are healthiest.*



On Monday 15th February

7:00pm – Drinks reception, Alchemy Cafe

7:45pm – Talk by David Hamilton, Circle Room

8:30pm – Book signing

Alchemy, Unit 101, Chalk Farm Road, Camden, London, NW1 8AH

**R.S.V.P** [info@alchemythecentre.co.uk](mailto:info@alchemythecentre.co.uk) or **020 7267 6188**

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