

## CAFE CULTURE

I live in Windsor and I love the fact that it has so many cafes, bars and restaurants to choose from. I also love the multiple choice of coffee shops as I do much of my writing in them and can work in a different environment as often as I wish. It's also great that I can get into London quickly.



## THE FUNNY SIDE

Everyday things make me laugh, as well as making light of when I or one of my loved ones does something stupid – which is quite a lot! I like to find the funny side of life so I'm always on the lookout for a laugh.



HAPPY

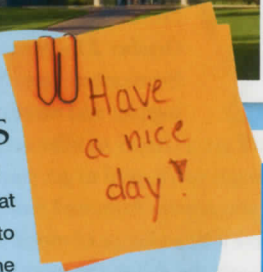
## BEING KIND

I am inspired by people who achieve their goals while being kind in the process. As I always tell people, you need never be unkind in the pursuit of your dreams.



## WISE WORDS

My friend Kim once told me that we don't need to make someone else wrong so that we can be right. It has stood me in good stead for several years.



# My world

We speak to author and motivational speaker Dr David Hamilton about kindness, coffee shops and the pursuit of dreams



## PURSUIT OF DREAMS

The happiest day of my life was probably 3rd October 1999. That is the day I moved home after resigning from the pharmaceutical industry. It was the sense of freedom that I remember most, of being able to pursue my dreams.



## INNER BELIEF

I would say the song that sums up my life is *When You Believe*, by Mariah Carey. I've always had an inner, almost magical sense that anything was possible. Many of the things that I focus on in life flow when I start to believe that they can.

## SWEET SENTIMENTS

My most treasured possession is a 'sentimental' box that contains several years' worth of selected birthday cards, Christmas cards, notes and letters that I've received.

## INSPIRE AND EDUCATE

I would like to be remembered as someone who inspired and educated people and who was known for his kindness. (I might have a bit to go!)

Dr David Hamilton is the author of several books, including *Why Kindness is Good for You* (£9.99, Hay House).



# practice random kindness