

BEST LENT EVER®

Contact:
Public Relations
The Dynamic Catholic Institute
(859) 980-7389
proffice@DynamicCatholic.com

For Immediate Release: February 1, 2017

FIND HAPPINESS THIS LENT

Dynamic Catholic offers free life-changing program

CINCINNATI (February 1, 2017) - Sign-ups are now available for Dynamic Catholic's transformation email program [Best Lent Ever](#). Starting Ash Wednesday, March 1, participants receive daily inspirational videos in their email inbox to guide them through a spiritual journey which includes simple practical tips to apply to everyday life.

"We all know the things that make us happy, but we don't always do them," said Dynamic Catholic founder and New York Times bestselling author, Matthew Kelly. "This year we invite you to do something different."

In this year's Best Lent Ever free program Kelly walks participants through his recent bestselling book, *Resisting Happiness*, to help identify what stands between them and happiness. The 40-day program also includes daily reflections from members of the Dynamic Catholic team, a book study guide for parishes and resourceful information for participants to learn more about the Lenten season.

To [sign up](#) for Best Lent Ever, watch the [promo video](#) get a copy of *Resisting Happiness*, or [share](#) the program with friends visit DynamicCatholic.com/BestLentEver.

For media inquiries or to schedule an interview about Best Lent Ever please contact Dynamic Catholic's press office at 859-980-7389 or email proffice@DynamicCatholic.com

--more--

BEST LENT EVER®

ABOUT BEST LENT EVER

Two years ago Dynamic Catholic launched Best Lent Ever, a free email program built to lead Catholics and their parishes on a life-changing journey through the Lenten season to encourage people not to just give up chocolate for lent, but dive deeper into their faith in a meaningful way. More than a half million people have experienced this transformational program.

ABOUT DYNAMIC CATHOLIC

Dynamic Catholic is dedicated to re-energizing the Catholic Church in America by developing world-class resources that inspire people to rediscover the genius of Catholicism. The nonprofit is passionate about helping Catholics and their parishes become the-best-version-of-themselves. From inspiring events to life-changing books to world-class programs, Dynamic Catholic is reaching millions of Catholics and their parishes, helping them grow spiritually and transform their corner of the world. Learn more at DynamicCatholic.com.

###