

RESISTING HAPPINESS

ABOUT MATTHEW KELLY

Matthew Kelly has dedicated his life to helping people and organizations become the-best-version-of-themselves. Born in Sydney, Australia, Kelly began speaking and writing in his late teens while he was attending business school. Since that time, more than four million people have attended his seminars and presentations in more than fifty countries.

Today Kelly is an internationally acclaimed speaker, a best-selling author, and a business consultant. His books have been published in twenty-five languages, have appeared on the *New York Times*, *Wall Street Journal*, and *USA Today* best-seller lists, and have sold in excess of fifteen million copies.

Kelly is also a partner at Floyd Consulting, a Chicago-based management-consulting firm. His clients include Procter and Gamble, Chick-fil-A, General Electric, Pepsi, FedEx, HSBC, the Department of Defense, McDonalds, US Bank, 3M, Ernst & Young, the U.S. Navy, the U.S Air Force, and dozens of other Fortune 500 companies.

The Matthew Kelly Foundation was established in 1995 to help young people discover their mission in life. Over the past fifteen years, Kelly has visited several hundred high schools, inspiring students to use their lives to make a contribution. The Foundation's most recent initiative is a grade school program entitled "Why Am I Here?"

Kelly is also active as a Catholic speaker and author. Raised Catholic, he has been saddened by the lack of engagement among Catholics. Kelly founded The Dynamic Catholic Institute to research why Catholics engage or disengage and to explore what it will take to establish vibrant Catholic communities in the 21st century.

Kelly's core message resonates with people of all ages and from all walks of life. Whether he is speaking in a business forum, at a high school, or in a church, Kelly invites his audience to become the-best-version-of-themselves.

His personal interests include golf, piano, literature, spirituality, and spending time with his wife, Meggie, and their children Walter, Isabel, Harry, and Ralph.

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“Most of us think we’re relatively happy,” says Kelly, founder of Dynamic Catholic, “but realize we could be happier. We even know the things that will make us happy, but we don’t always do them. Why? We’re resistant. Resistance stands between you and happiness,” he adds.

Resisting Happiness follows the success of Matthew Kelly’s 2015 Amazon bestseller [Rediscover Jesus](#), which has sold more than four million copies, and Dynamic Catholic’s free, annual Lenten email program, [Best Lent Ever®](#), which was based on *Rediscover Jesus* this past Lent.

For more information about *Resisting Happiness* or to order a copy of the book, please visit DynamicCatholic.com/happiness.

For media inquiries, to request a review copy of *Resisting Happiness*, or to schedule an interview, please contact Lindsey Wopschall at 859-980-7389 or lindsey.wopschall@DynamicCatholic.com.

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 organization 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.

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