

RESISTING HAPPINESS

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DYNAMIC CATHOLIC LAUNCHES MATTHEW KELLY'S NEWEST BOOK

An eye-opening look at self-sabotage, resistance, and happiness

CINCINNATI (July 19, 2016) - The Dynamic Catholic Institute is excited to announce the hardcover release of Matthew Kelly's newest book *Resisting Happiness*. At a time when people are hungrier than ever to gorge their insatiable desire for happiness, this book offers a deeply personal, disarmingly transparent look at why we sabotage our own happiness, feel overwhelmed, set aside our dreams, lack the courage to simply be ourselves, and how we can start choosing happiness again.

"We're all chasing happiness in our own way," says Kelly, founder of Dynamic Catholic and a *New York Times* bestselling author, "but resistance gets the best of us from time to time. We know the things that will make us happy, but we don't always do them. Resistance stands between us and happiness," he adds.

For thousands of years, ordinary people and the finest philosophers have been exploring the quest for happiness. Theories abound, yet the yearning for happiness continues. [*Resisting Happiness*](#), available for pre-order, is not another theory; it's a game-changer. With his signature combination of the profound and the practical, Kelly helps readers learn not only what resistance is, but also how to recognize and conquer it in their own lives—how to start choosing happiness.

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“Breaking through resistance is essential to becoming the-best-version-of-ourselves and living with passion and purpose,” says Kelly.

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 pre-order a copy of the book, please visit DynamicCatholic.com/happiness. Readers who pre-order the book by August 14 have the opportunity to enter to win one of several prizes, including:

- 1 Apple iPad Air 64GB, perfect for using the Dynamic Catholic radio app, listening to Dynamic Catholic’s audiobooks, reading the nonprofit’s e-books, accessing DECISION POINT®, and more
- 2 Tickets to Matthew Kelly’s Living Every Day with Passion & Purpose event (includes airfare and hotel)
- 1 Copy of all Matthew Kelly’s books in print
- 30 Signed and personalized hardcover copies of *Resisting Happiness* to share with friends
- 3 Dynamic Catholic audiobooks of choice

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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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 bestselling 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* bestseller lists, and have sold more than twenty 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, McDonald's, 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.

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

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