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FOR IMMEDIATE RELEASE  
CONTACT: Karin Pouw  
(323) 960-3500  
[media@Scientology-News.org](mailto:media@Scientology-News.org)

## **Meet a Scientologist—Scientology Gave Chef Don Engle the Recipe for a Happy Life**

*Scientology helped chef Don Engle increase his energy and improve his outlook in life. His profile is one of 200 "Meet a Scientologist" videos on the Scientology website at [www.Scientology.org](http://www.Scientology.org).*

Whether preparing a perfect sauce, dishing out 2,500 meals a day at the Detroit Athletic Club, or creating a fresh nuance to a classic pasta dish, chef Don Engle adds a pound of energy and a pinch of optimism to everything he does.

Working as a cook since he graduated from high school in Detroit, Engle, now 42, learned a word that opened his eyes to a career he loves.

"A new manager at the restaurant where I worked was a graduate of the Culinary Institute of America. I had never even *heard* the word 'culinary' before," says Engle. "When I found out what it meant, I knew I wanted to be a chef."

Accepted at the Culinary Institute in 1994, Engle graduated two years later. As he started his internship, he decided to look into other ways to improve his life.

"I was always interested in the mind," says Engle, "and I was looking through the self-help section of a local bookstore when I found *Dianetics: The Modern Science of Mental Health*."

Engle read the book and, eager to put it to use, attended a Dianetics seminar and began helping another person with Dianetics procedures.

"It was amazing to see how much better he felt after just a few hours," said Engle.

After a stint as executive chef for the U.S. Marine Corps Officers' Club in Stuttgart, Germany, Engle returned home to Motor City.

"Scientology has helped me become more ethical. I gained a different viewpoint of myself and those around me and I get along better with others," he says. "It also gave me an energy boost. I can accomplish so much more than I could before."

Engle's wife, Kalindi, whom he introduced to Scientology, is also featured on the Scientology Video Channel.

"The moment I saw her I knew she was the one," Engle says. "We use what we have learned in Scientology to make our marriage work. No matter what happens, we have the technology to sort it out."

Both Engles recently completed the study of all the basic books and lectures of L. Ron Hubbard at the Church of Scientology of Detroit.

"This has given me the knowledge I need to tackle any situation in life," says Engle. "I am happier than I have ever been, with a feeling of stability that is hard to describe."

View the Don Engle video on [www.Scientology.org](http://www.Scientology.org).

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*The popular "Meet a Scientologist" profiles on the Church of Scientology International Video Channel at Scientology.org now total 200 broadcast-quality documentary videos featuring Scientologists from diverse locations and walks of life. The personal stories are told by Scientologists who are educators, teenagers, skydivers, a golf instructor, a hip-hop dancer, IT manager, stunt pilot, mothers, fathers, dentists, photographers, actors, musicians, fashion designers, engineers, students, business owners and more.*

*A digital pioneer and leader in the online religious community, in April 2008 the Church of Scientology became the first major religion to launch its own official YouTube Video Channel, which has now been viewed by millions of visitors.*



Scientologist Don Engle, chef.