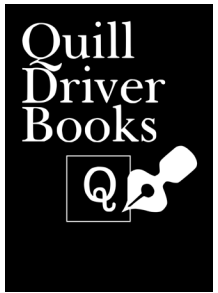


FOR IMMEDIATE RELEASE
Book Publication Date: December 1, 2020
Media Contact: Jaguar Bennett
Quill Driver Books / Linden Publishing
Jaguar@LindenPub.com
(800) 345-4447
digital cover image available



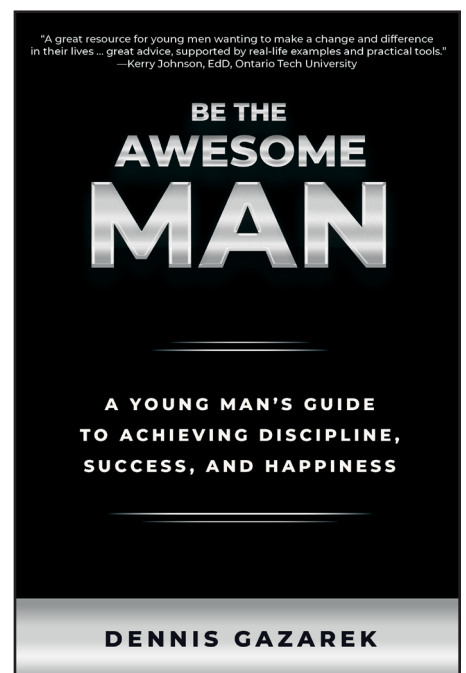
Written for a generation of young men in crisis, new self-help book *Be the Awesome Man* reintroduces honor, maturity and self-reliance

Young men in America are in a crisis. They are underachieving in unprecedented numbers. More and more young men are not attaining standard benchmarks of maturity, such as entering and graduating from higher education or trade school, finding a career, establishing their financial independence and living on their own. Far too many young men fall into addictions to alcohol, drugs or pornography, destroying their ability to lead responsible lives or form emotional attachments. Early deaths from drug overdoses and suicide have climbed alarmingly over the past 20 years.

This generation of young men in crisis will find a sympathetic but firm mentor to better living in the new self-help book *Be the Awesome Man: A Young Man's Guide to Achieving Discipline, Success, and Happiness* (Quill Driver Books, publication date December 1, 2020) by Dennis Gazarek.

Written for young men ages 16 to 25, *Be the Awesome Man* gives an unsugarcoated message that boys become men only through the traditional male values of discipline, honor and accomplishment. Drawing on his real-world experience as a coach, mentor and father, Gazarek teaches that young men must return to age-old ideals that have inspired generations of high-achieving men: virtue, self-discipline, moral integrity and postponing immediate pleasures in order to accomplish more important goals.

Gazarek argues that modern society has laid a fatal trap for young men by making it easy to defer adult responsibilities indefinitely, leading to a condition he calls "super-adolescence." The super-adolescent man has the



external appearance of an adult, but his behavior is that of an immature teenager. As Gazarek puts it, “We have full-grown men behaving as man-children, seeking fun while rejecting the responsibility and benefits of adulthood.”

In opposition to the super-adolescent, Gazarek offers readers the ideal of the “Awesome Man,” a fully mature man who honors his commitments, pursues a meaningful life and — most important — maintains high ethical standards and treats other people well. Says Gazarek, “The Awesome Man is virtuous, disciplined and caring, and always mindful of the consequences of his actions. He does not exploit, hate or ridicule; instead he teaches, guides, mentors, helps, and cares for others.”

Gazarek emphasizes that any man, at any age, in any circumstances, has the power to become an Awesome Man. The one thing necessary is a commitment to personal growth.

Be the Awesome Man gives readers specific plans, practices, benchmarks and exercises to put that commitment into action, presenting simple one-day goals that are achievable and take the reader one step further toward being an Awesome Man. Worksheets help readers articulate their values and personal goals, and profiles of successful, compassionate and responsible men inspire readers to emulate their example.

Be the Awesome Man covers topics that every young man struggles with, including: overcoming fear; developing a positive, growth-oriented mindset; becoming self-disciplined; developing a strong work ethic and productive habits; developing a strong character and high ethical standards; forming emotional attachments and social bonds; developing competence; and identifying one’s core values and developing a sense of purpose.

Combining old-fashioned wisdom, a critical analysis of modern culture and a tough-minded program of character development, *Be the Awesome Man* is a must-read guide for young men who want to achieve lasting success and personal happiness.

Book Details:

Title: *Be the Awesome Man: A Young Man’s Guide to Achieving Discipline, Success, and Happiness*

Author: Dennis Gazarek

Publisher: Quill Driver Books, an imprint of Linden Publishing

Publication Date: December 1, 2020

Price: \$18.95 US

Category: SELF-HELP / Personal Growth

ISBN 978-1-61035-337-3

6" x 9" trade paperback, 280 pages, illustrations, index. Also available in e-book formats.

**Available now from Amazon.com, BarnesandNoble.com, IndieBound.org,
and wherever books are sold.**

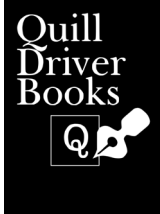
**Quill Driver Books • 2006 S. Mary St., Fresno CA 93721 • 1-800-345-4447
QuillDriverBooks.com**

###

About Dennis Gazarek

Author of *Be the Awesome Man*

Born in a working-class neighborhood of Windsor, Ontario, **Dennis Gazarek** paid for college by working on farms, in factories, and in horse-racing tracks. His early work experience taught him the reality of heavy manual labor and an appreciation for the challenges faced by working people in everyday life. After receiving an honors degree in business administration from the University of Windsor, Gazarek worked in sales for Procter & Gamble and General Motors, as well as working in real estate and as a business consultant. He is the author of *Whacked! How GM Careened into Bankruptcy and Took the Innocent with Them*. Gazarek lives with his wife in the Toronto area, where he plays saxophone with the Markham Concert Band.



For more information on *Be the Awesome Man* (Quill Driver Books, publication date December 1, 2020) or to arrange an interview with author **Dennis Gazarek**, please contact Jaguar Bennett at Quill Driver Books, (800) 345-4447, Jaguar@LindenPub.com.

Praise for *Be the Awesome Man*

“With a society currently lacking in empathy, inclusiveness, and direction, *Be the Awesome Man* is the right book at the right time. Sprinkled with relatable examples, this book is a guide for young men to make the right choices and become the leaders and overall good people the world so desperately needs.”

—**Barry Finlay**, best-selling and award-winning author of *Kilimanjaro and Beyond* and the Marcie Kane thriller collection

“Parents, teachers, coaches, and mentors, this book is also for you. If you have a role in shaping boys into young men, this book will assist you in helping them become awesome. Get it for yourself. Buy it for a friend. You will not be disappointed.”

—**Jeannine Henry**, youth minister, St. Francis de Sales Parish, Toronto

“Dennis Gazarek has done an awesome job. Using his experience and knowledge, he gets into the minds of young men and provides them with an insight to explore, estimate and establish themselves to fight the battles, not only for themselves but to inspire others”.

—**Vaqar Raees**, president of Friends Indeed Canada

“A compelling read — *Be the Awesome Man* diagnoses the problem, then provides inspiring yet practical advice for men who wish to change their life’s trajectory from mediocre to awesome! Highly recommended.”

—**Daniel Whittal**, lawyer and martial arts instructor

“*Be the Awesome Man* is a great resource for young men wanting to make a change and difference in their lives. Dennis provides great advice, supported by real-life examples and practical tools to start any young man on his awesome journey.”

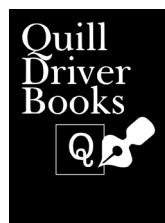
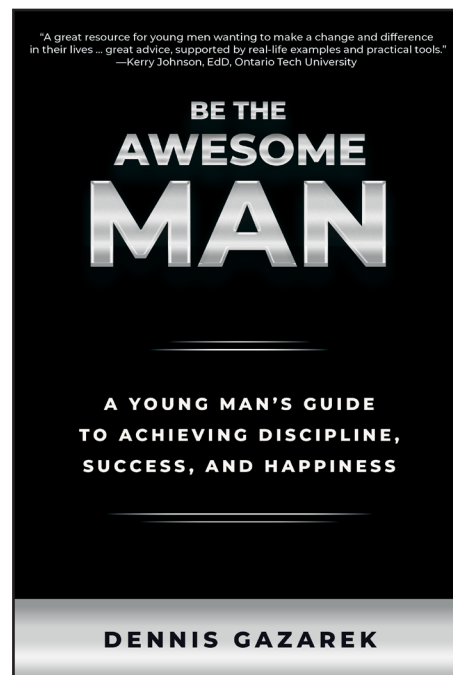
—**Kerry Johnson**, EdD, Ontario Tech University

“Gazarek has provided a road map to maturity with specific and measurable goals. A must-read for the young man in your life.”

—**Doug Manning**, educator

“Gazarek offers a mother lode of valuable advice to help young men strive for self-excellence ... a practical, solid guide for any young man looking to improve himself as he matures.”

—**Bookz, Cookz, & Nookz**



For more information on *Be the Awesome Man* (Quill Driver Books, publication date December 1, 2020) or to arrange an interview with author **Dennis Gazarek**, please contact Jaguar Bennett at Quill Driver Books, (800) 345-4447, Jaguar@LindenPub.com.

Why Be Awesome?

Questions and Answers with Dennis Gazarek, author of *Be the Awesome Man*

What is an Awesome Man, and why should young men want to be one?

An Awesome Man is a man of character and integrity, who manifests these virtues through action and effort. Young men should want to strive to be Awesome Men, because this is the best way to achieve happiness, joy and contentment in their lives this way.

What qualifies you to define the Awesome Man?

To be clear, I am not so much defining the Awesome Man as identifying the characteristics of Awesome Men. My main qualifications are being an observer and student of behavior and character. My real-world experience in raising, coaching, teaching and leading men over a lifetime has given me insights that I try to share with the reader.

What prompted you to write this book?

There were a number of factors that spurred me to write this book. Some were the realization, 25 years ago, that half my little league football players were being raised in single parent families, with few positive male role models. Another was the realization that the common picture young men living in their parents' basements, playing video games and watching porn, was not a stereotype but an actual reality. Finally, speaking to young women about their poor relationships with young men made me feel that young men urgently need guidance.

There is a lot of advice and guidance in the book. Have you used it in your own life?

Everything that I have written is based on my experiences — stress management, planning, goal setting and other strategies I use in my life every day.

How is your book different from other books on similar topics?

First let me state there are many excellent books about young men, but I feel the most important and most significant difference is I do not try to seek a cause or assess blame. The problem is not the school system or the political system. Whatever got a young man to this point in life is past, and he is responsible for where he goes from here.

If you could give one bit of guidance from your book, what would it be?

Simply this: With great freedom comes great responsibility." How you carry out that responsibility determines if you are an Awesome Man.

Is this book written for young men to read? Don't young men hate reading?

Good point. I envision two audiences for the book. For young men, I written the book in short and easily digestible chapters and sections. It is a book you can pick up, read a little bit and put down for next time. Secondly, I believe it is an excellent resource for anybody who cares about young men: parents, extended family members, teachers, coaches, mentors, spiritual leaders and so on.

What do you hope to achieve with this book?

I see my purpose in life is to try and make a difference. If I can help one more young man become an Awesome Man, I know I have succeeded.



For more information on *Be the Awesome Man* (Quill Driver Books, publication date December 1, 2020) or to arrange an interview with author **Dennis Gazarek**, please contact Jaguar Bennett at Quill Driver Books, (800) 345-4447, Jaguar@LindenPub.com.