

# A groundbreaking memoir 'No Options' proves that mental resilience & daily duress is a strong weapon for transformation

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-- Discover how Dean Latusek's journey of transformation reversed 20 years of middle age in 365 days!

The official release of the inspirational memoir, "No Options", takes readers on a journey to witness how one man's grit to rebuild himself took on a life of its own. Through trial and error that focused on pushing his preconceived limitations, Dean willed himself to monumental change that continues to drive himself and countless others to never accept defeat. He set out to prove to himself and the so called "experts" that suggest that we all need to ease into our 50's and beyond with grace and an acceptance of our limitations wrong. His results are undeniable.



Latusek began documenting his journey as a way to simply use his notes as a reference for future use, but soon realized that his discoveries would not only help him but countless others who have accepted this idea of easing into old age. Dean has spent years in the pharmaceutical business and has a keen understanding of all of the comorbid conditions that many of us face as we age. He realized that he was in imminent danger of falling victim to many of the disease states that he in fact had studied and fought against for years. He decided to fight back and soon realized that he was capable of far more than he had ever dreamed possible. He simply needed to change his mindset and forge a path that no longer allowed for half measured efforts and mediocre results. The No Options mentality was born and he refuses to let himself or his readers ever go back to convincing themselves that they are somehow limited in their ability to put forth the effort it takes to improve daily.

Dean wants to show all who embrace his philosophy that we are in fact in charge of our own destinies and can in fact reverse the clock on the aging process through an unwavering discipline that assures us of never regressing. He has proven that we can in fact impose lasting change upon ourselves while limiting the need for medications and “get fit quick” schemes. His focus on the core essentials needed to transform oneself both mentally and physically are groundbreaking and will help all that dare to embrace his philosophy of seismic results!

"No Options" is now available on Amazon.

#### About The Author:

Dean is from New Orleans, Louisiana and resides near there with his wife, Liezel. He is an accomplished musician and artist and has spent most of his career in the Pharmaceutical Industry. His first book entitled, “No Options” takes readers on his transformational journey that challenges the pre-conceived notion that we all must slowly lose ability as we age. He writes with passion and creativity, engaging and confronting readers in a unique way. His work inspires

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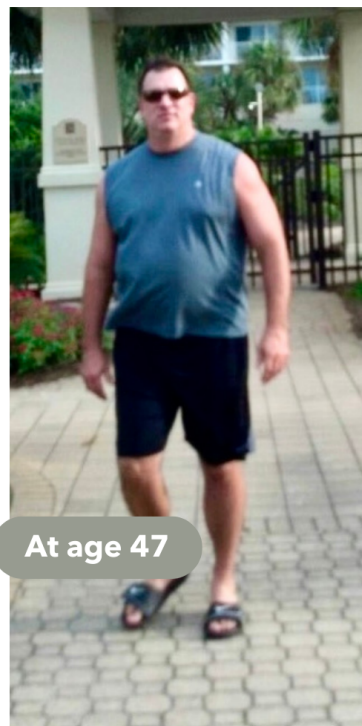
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