



# Letting Go: A Marine's Journey Through War and His Search for Meaning

*Jeffrey Sands*

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## **Letting Go: A Marine's Journey Through War and His Search for Meaning** Jeffrey Sands

Letting Go is an excellent account of the life of a Marine, before, during, and after 9/11. Through the eyes of Jeff Sands, he retells his story with brutal honesty, describing what possessed him to join the Marine Corps, his experiences while serving, to include deploying to Iraq during the initial invasion, and the demons he endured while trying to readjust to civilian life. This book was begun as a diary of sorts. It was written to try and understand the chaos that exists inside one's own head, especially after experiencing war and seeing its effects. It was flushed out over many sleepless nights, and refined over time with clarity. It's more than just a story about war and struggle, it's a story about what compels someone to join the Marine Corps, risking his life for something greater than himself. It's a story about how the Marine Corps molds not only men's bodies, but their minds. It's a story about war, and its effects... good and bad. It's a story about heartbreak. And it's a story about trying to adjust to a corporate world out of touch with the values of the Marine Corps; a world without a purpose. Follow Jeff as he takes you through the streets of Baghdad, giving you an unfiltered description of what he experienced and the injustice he saw. Then, watch him try to adjust as a civilian, eventually leaving behind his job, his marriage, and everything he owns, in order to pursue the ideals that were the reasons he joined the Marine Corps; ideals that were reinforced by war. See how he deals with his tortured mind, eventually teaching himself how to let go.

## **Letting Go: A Marine's Journey Through War and His Search for Meaning Details**

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# From Reader Review Letting Go: A Marine's Journey Through War and His Search for Meaning for online ebook

**Donald Pryde says**

**Not your usual War/Army book**

Great read and also good to see an ex soldier with a lighter side of life rather than the usual American gung ho stuff

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**P says**

If you're happy and you know it, clap your hands!

If you are not happy, read this book! Most of the book was quite depressing, but the lessons for life were clearly highlighted by the author. Here is a spoiler, at the end of the book he was happy and by the sounds of it, attained inner peace at a great level. At least, that was the impression I got when I read the last few pages of the book.

In the author's own words *"This book is a story about life as much as a story about war and the Marine Corps..."*. Although most of the book was focused on his time in the Marines, he does start the story from early childhood and ends with him leaving the rat race.

The author was very good at presenting things for what they really were. There were a few times where an event was only portrayed from a single point of view, but most of the time he did a good job of stepping back and presenting them from different perspectives.

There was a lot of profanity in the book. Yes, the book could have been written without expletives, but as the author stated, *"This is an honest and unfiltered view of my life, my feelings, and my experiences, whether good or bad, and whether interesting or not."* It just would not be complete without the profanity. Maybe the author would consider releasing an abridged version of the book for those that cannot tolerate profanity. That way his message about life would reach a wider audience.

There was humour in the book which made parts of it quite entertaining to read. At the same time, it did not detract the seriousness of the given situation that it was presented in.

I have only read one military book before Letting Go and that was Damn Few by Rorke Denver. I am not sure whether Damn Few improved my comprehension, but I found Letting Go to be quite an easy read. Of course, it could simply be that the author is a good communicator and naturally made the book easy to read.

The author is not an average Joe, in my opinion. After all, he was in the Marines, he did deploy to Iraq, he got a masters degree in political science and had a high paying job. Despite not being an average Joe, I found his story to be the closest thing to average Joe finding great happiness in life.

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## **john bovee says**

### **Impressive**

I am a Viet Nam veteran and I enjoyed Jeff's book. The way he portrays military training, the times of boredom to times of intense action, Jeff only hit the high spots, but he told his story the way life is. Hopefully, Jeff will continue his writing career and I will certainly buy his books. Thank you for your service to our country Jeff.

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## **Kathleen M Tande says**

### **Well done**

For a first book, well done. Interesting read. A little tighter editing in spots would make a smoother read. Explored and dug into himself for content.

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## **Ian Wallace says**

### **Great Book**

The writer takes us on a very exciting and insightful journey. Many valuable lessons are taught along the way culminating in the most valuable lesson of all: how should we spend our time here on planet earth. The choice arrived at in this narrative is quite intriguing and dishes out a lot of food for thought. A well written and meaningful work. I encourage the author to keep writing in whatever genre he is inclined to pursue.

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## **Tamara says**

### **An amazing read!**

As the mother of a 15 year old in MJROTC, I was interested in reading this book to learn about Jeff's journey with the Marines. I also had friends in Desert Storm and found the book interesting from that perspective. However, now having finished the book, I feel so much like Jeff and wonder why we work so hard without being truly happy in what we do. I think Jeff gives us pause in reevaluating our lives, needs, desires and wanting to help the less fortunate feeds us in ways nothing else can. Jeff, I truly enjoyed your book and I do hope people will realize we can be wealthy in so many ways that don't include materialism.

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## **Tim Rehnberg says**

**An enjoyable read - some really interesting questions related to personal ethics ...morality doing what is "right"**

Right" .....I wish I had his commitment to do what is "right" instead of doing what is "expected/accepted by society ....

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### **Robert Miller says**

#### **Realism defined**

This is a great read to find out what makes Marines tick. It's great to read not only the military part but also life after combat. It's about internal struggles all of us have and the value system we have come to live under.

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### **Kathy Starling says**

#### **interesting**

while this book was interesting, for me it would have been more enjoyable if there was more coverage of his thought process while serving in the USMC. however on the plus side this book made me think and see things in a different light, which for me is what this type of book should do.

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### **Barbara says**

#### **A Marines story**

When I chose this book I thought it would be a great story. I have read many books about the military whether it's a biography, non-fiction and fiction. This book did not hold my attention I found myself struggling to finish. Other people may enjoy it and that's good for them but for me not.

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