

Understanding the Military Mind

Dedicated to All American Military Heroes

"Forgotten Military Hero—Not on Our Watch"

This is my account as an American Military Veteran. I welcome your perspectives as well and hope this book will make a positive impact in the lives of American Veterans. I am reminded of an undeniable bond that all Military Veterans share as I meet them going about my daily life, and I want to thank each and every Veteran for their service.

The mind is a very powerful tool. It can be trained to accomplish great feats, as many in the military have experienced. It can also create powerful images of possibilities that life has to offer. There is much abundance in life if we recognize it and prepare for it.

Military mental and physical training is very different than most civilian training. We were pushed to the limits in order to be able to withstand the worst of conditions. We were trained to be warriors and to accomplish our missions. Military minds see the world in a way that may not be understood by most who have never experienced this type of development. Therefore, trying to understand what we think, how we think, and why we behave differently than most civilian minds is often extremely challenging.

Most non-military minds simply do not get it, and that is okay! The civilian mind would not understand what we experienced in boot camp training and the military way of life. Most civilians do, however, know family members or friends who have been in the military. This writing will also apply to them.

The foundation of military thinking and experience for me started in boot camp. It was the first step of military training and a new way of life. That experience has set the foundation for who I am today. I have carried that foundation throughout my life as I have built my legacy. It can never be taken away or denied. In addition to the memory of boot camp, those heroes who experienced combat will carry other types of challenges throughout their lives. Post traumatic stress is a very serious disorder that many of our Veterans continue to deal with on a daily basis. Operation Legacy will also refer our military heroes to those that can help with this condition.

Why should society even care about how the military mind works? My colleagues and I believe the answer may be that there are hundreds of thousands of us who have made an attempt to acclimate back into the civilian way of living. We applaud each military branch. I just happen to be a United States Marine, and this is my perspective from my experience. I believe my military brothers and sisters would agree (Hoooah!).

This book has been written because there is a tremendous need to help every military hero and their families who have given a part of their lives to defend our American freedom. Retreat and failure is not a military option. This mission for a civilian life of purpose, meaning, and happiness will be accomplished with great success. This book is dedicated to all American military heroes who gave their lives for our freedom and way of life.

Semper Fi
Charles A. Macias, USMC, 1967–1971