

New Book By The 3rd Woman – First Female Reservist To Complete Army Ranger School

‘Delete The Adjective’: A Soldier’s Adventures In Ranger School

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CONTACT: Jaclyn Anastasakos

PHONE: 718.354.7704

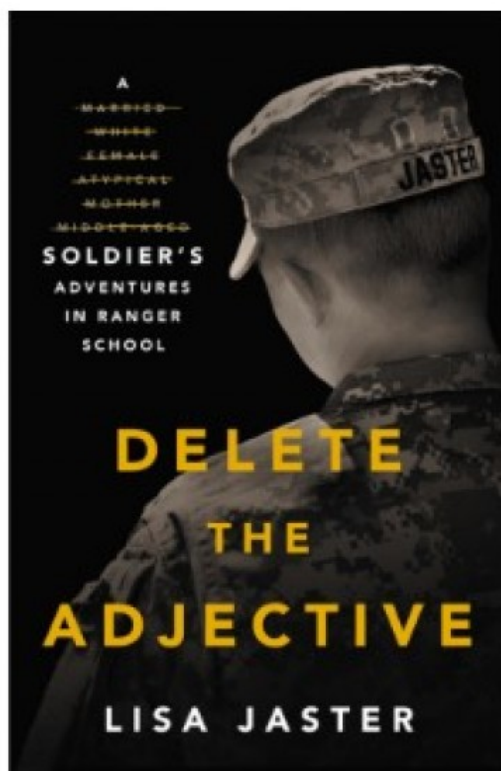
EMAIL: j.communications.pr@gmail.com

NEW BOOK BY THE 3RD WOMAN- FIRST FEMALE RESERVIST TO COMPLETE ARMY RANGER SCHOOL 'DELETE THE ADJECTIVE': A SOLDIER'S ADVENTURES IN RANGER SCHOOL

AUSTIN, TX -Forging a new path and overcoming adversity builds stronger bonds. U.S. Army Reservist and combat veteran, Maj. Lisa Jaster, found her path

cleared, when the Army opened all jobs to women. Lisa's story captivates the reader with authentic details about her experience, struggles and journey through Ranger School. Her pioneering experience provides readers with a birds-eye view of high-performance training in one of America's elite military units. Success, self-discovery, and perseverance give way to the realization that she was born to do this.

Following in her dad's footsteps, Lisa Jaster attended Cadet Basic Training through graduation at West Point where she earned her Bachelor of Science in Civil Engineering. After seven years on active duty, Jaster left the service to pursue civilian opportunities and joined the Army Reserve.



For media bookings for Lisa Jaster & review copies of *Delete the Adjective* please contact Jaclyn Anastasakos at e: j.communications.pr@gmail.com or C: 718.354.7704

Austin, Texas Dec 6, 2022 (IssueWire.com) - Forging a new clear, when the Army opened all jobs path and overcoming adversity builds stronger bonds. U.S. Army Reservist and combat veteran, Maj. Lisa Jaster found her path to women. Lisa's story captivates the reader with authentic details about her experience, struggles, and journey through Ranger School. Her pioneering experience provides readers with a birds-eye view of high-performance training in one of America's elite military units. Success, self-discovery, and perseverance give way to the realization that she was born to do this. Following in her dad's footsteps, Lisa Jaster attended Cadet Basic Training through graduation at West Point where she earned her Bachelor of Science in Civil Engineering. After seven years on active duty, Jaster left the service to pursue civilian opportunities and joined the Army Reserve.

During her tenure in the Reserves, she learned the Army Ranger School was available to female soldiers. Attending Ranger School would allow her to achieve all of her objectives, including leadership training under adversity.

While the average Ranger trainee is 23, Lisa got her shot at Ranger School almost 15 years after some of her male peers. Breaking out of her comfort zone to become the third female in history—and the first female Reservist, to achieve this accomplishment is nothing less than inspiring—and she did it as a 37-year-old mother of two.

ISBN: 978-1-5445-3644-6

\$15.99

5.5 X 8.5 | PAPERBACK

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"If you are a doubter or a skeptic, this book is for you. If you think you can't break out of your own little box of adjectives, this book is for you." -- Jaster says

[LISA JASTER BIO:](#)

Lisa Jaster is a Partner and Sr. Consultant at Talent War Group, a leadership development, and executive search firm. She graduated from the West Point Academy with a BS in Civil Engineering and was commissioned as an active-duty engineering officer. In 2003, Lisa deployed in support of Operation Iraqi Freedom as a company executive officer, later serving as the battalion operations construction officer. She attended the Army Engineer Officer Advanced Course at Fort Leonard Wood, MO, and earned her MS in Civil Engineering from the University of Missouri-Rolla in 2004. After leaving Active Duty, Lisa was employed by Shell Oil Company for 12 years. From April to October 2015, she took a six-month leave of absence and attended Army Ranger School, one of three females who graduated from the first integrated Ranger School course. Lisa is married to a fellow reserve officer and has two children. She lives an active lifestyle competing in anything from ultra-trail runs to CrossFit competitions. She loves martial arts training, specifically Jiu-Jitsu, and is always looking for the next challenge.

[Website: Delete the Adjective](#)

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CONTACT: Jasten Anastosian PHONE: 718.354.7704 EMAIL: jcommunications.pr@gmail.com

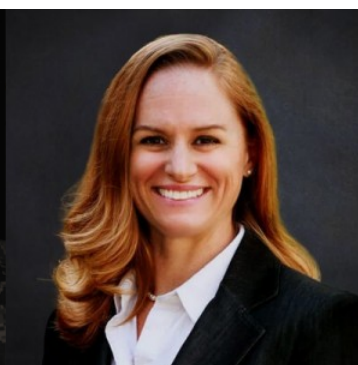
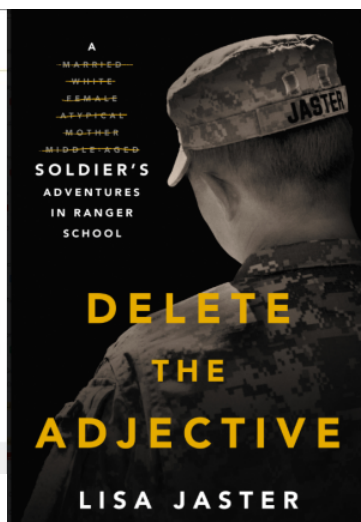
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LISA JASTER
Lisa Jaster is a former and Ft. Belvoir at Tatum War Group, a leadership development and executive coach firm. She graduated from the West Point Academy with a BS in Civil Engineering and was commissioned as an active-duty engineering officer. During 2015, Lisa deployed in support of Operation Inherent Resolve as a company commander. She worked the Army Reserve Officer Advanced Course at Fort Leavenworth, KS, and spent her MSc in Civil Engineering at the University of Illinois at Urbana-Champaign. After leaving active duty, Lisa was employed by Intel for 10 years for 12 years. From 2014 to October 2021, she was a co-owner and partner and founder of Jaster & Jaster, one of three founders who graduated from the first inaugural Ranger School course. Lisa is married to a fellow reservist officer and has two children. She lives an active lifestyle competing in triathlon, Iron-Man triathlon and triathlon triathlon. She loves to read, write, especially for her firm, and is always looking for new challenges.

For media bookings for Lisa Jaster & review copies of *Delete the Adjective* please contact Jasten Anastosian at jcommunications.pr@gmail.com or 718.354.7704



Media Contact

J.Communications

J.communications.pr@gmail.com

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J.communications.pr@gmail.com

Source : Lisa Jaster

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