

Walter P. Benesch Shares It's Me: The Early Years, Letters to my Daughter

Walter Benesch's *It's Me, The Early Years: Letters to My Daughter* (2nd Edition) is more than a memoir; it is an emotional excavation of a life lived with profound purpose, depth, and vulnerability.



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It's Me The Early Years:
Letters to my daughter 2ND EDITION
by
WALTER P. BENESCH

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**RECOMMENDED
BOOK**

*It's Me, The Early Years:
Letters to My Daughter, 2nd Edition*

WALTER P. BENESCH

Walter Benesch was born in Lenox Hill Hospital, NYC, and raised in Connecticut. He earned his M.A. in Anthropology from The New School, studying under Ralph Holloway and Michael Harner. His early career included social work in Harlem and the South Bronx, and he was a foster caregiver to Nim Chimpsky, the chimpanzee in Columbia University's sign language experiment. Later, he earned a MSSS from Boston University and went on to serve as a senior official in the Office of the Secretary of Defense at the Pentagon. There, he led the development of The Y2K Management Plan for the Department of Defense. He retired after over 30 years of federal service, including work with the Department of Homeland Security. An active Freemason, he held high honors and lectured widely, with many of his talks featured on YouTube via Sapere Audi.

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Canoga Park, California Dec 2, 2025 (Issuewire.com) - In [*It's Me The Early Years: Letters to My Daughter*](#) Walter P. Benesch recounts the experiences that shaped his early life—from past life memories, homelessness, activities in the civil rights movement, being kicked out of college prior to his

senior year for the charge of ‘arrogance.’ It is told through letters to his daughter, the memoir also explores his mother’s extraordinary life and remarkable events, including a mysterious UFO encounter, offering a compelling story of resilience, wonder, and the bond between mother and son.

Walter Benesch’s ***It’s Me, The Early Years: Letters to My Daughter (2nd Edition)*** is more than a memoir; it is an emotional excavation of a life lived with profound purpose, depth, and vulnerability. Structured as a collection of heartfelt letters to his daughter, Benesch, an anthropologist, former Pentagon strategist, and lifelong seeker, opens his heart to share the formative, often turbulent, moments that shaped his identity, beliefs, and enduring legacy.

The book offers an unflinching look at the author’s early life, beginning in a post-war household shadowed by trauma and mystery. A premature child, Benesch grew up immersed in a world of arcane wisdom, complicated by the racial tensions and family upheaval characteristic of mid-20th-century America. Yet, despite these challenges, the central theme is an unrelenting search—for meaning, for healing, and for connection.

The letters weave a tapestry of boyhood pain and wonder with profound philosophical insight and raw emotional truth. This intimate format allows readers to accompany Benesch on his journey from a challenging childhood into a remarkably diverse adulthood.

It’s Me, The Early Years resonates on multiple, powerful levels:

- **A Heartfelt Tribute:** At its core, it is a deeply personal and loving testament from a father sharing his complete self with his daughter.
- **An Anthropological Lens:** It serves as a fascinating lens into the cultural and social dynamics of mid-20th-century America, viewed through the eyes of someone uniquely trained in the study of human culture.
- **A Universal Story:** Ultimately, the book tells a universal story of resilience, recovery, and inner growth, making sense of one’s past to inform the present and future.

Benesch invites readers to witness how every memory, whether painful or hopeful, contributed to the character of the man he became, offering a chance for empathy and understanding for anyone trying to navigate their own path through family, memory, and adversity. It reminds us that no story is too personal to inspire, and no past too broken to understand. His story continues the next chapter of his life *It’s Me From the Big Apple to Bean Town*.

Grab a copy of *It’s Me, The Early Years: Letters to My Daughter* (2nd edition) in bookstores and other online outlets like [Amazon](#), [Barnes & Noble](#), and more bookstores.

[**It’s Me, The Early Years: Letters to My Daughter**](#)

Written by Walter Benesch

Paperback |

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