

Richard Blanchette's Adapted & Overcame Chronicles a Life Shaped by Hardship and Military Discipline, Inspiring Readers

Richard Blanchette's *Adapted & Overcame* shares a powerful journey from hardship to U.S. Navy service, reflecting resilience, discipline, and growth.

ADAPTED & OVERCAME

The True Story of
RISK, DEDICATION, AND REWARD

RICHARD BLANCHETTE

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LCDR, MSC, USN, RETIRED

Lady Lake, Florida Sep 23, 2026 ([IssueWire.com](https://www.IssueWire.com)) - What happens when a childhood shaped by instability, poverty, and trauma collides with the rigid discipline of military life and becomes the foundation for a career of service and resilience?

Adapted & Overcame: The True Story of Risk, Dedication, and Reward, the newly released memoir by retired U.S. Navy Lieutenant Commander Richard Blanchette, provides a direct and unflinching answer. The book delivers a candid, deeply personal account of survival, endurance, and transformation against overwhelming odds.

Blanchette's journey begins in hardship. Raised in a large, struggling family in New Hampshire, he recounts a childhood marked by poverty, foster care placement, and repeated instability. Rather than presenting a distant or softened version of events, the memoir places readers directly into the lived reality of a boy forced to navigate neglect, displacement, and responsibility far beyond his years.

As the narrative unfolds, Blanchette describes a formative period defined by labor and survival, delivering newspapers, working factory jobs, and enduring physically demanding work from a young age. Each experience adds to a growing sense of resilience, shaping a mindset built on persistence rather than privilege.

A turning point arrives when he enlists in the United States Navy at age 18. After initially facing rejection due to a physical disability, he is ultimately accepted, beginning a life-changing journey. Boot camp at Great Lakes, Illinois, introduces him to structure, accountability, and discipline, elements that sharply contrast with his earlier life experiences.

Within the Navy Medical Service, Blanchette advances through rigorous training as a Hospital Corpsman, developing technical expertise and leadership skills that define his long military career. The memoir traces his progression through service, highlighting how discipline and opportunity helped reshape his identity and future.

Beyond military service, *Adapted & Overcame* explores deeper themes of trauma, identity, and the long-term effects of childhood adversity. The author reflects on how early experiences shaped his worldview, while also emphasizing the role of structure, mentorship, and personal determination in breaking cycles of hardship.

"This book is about more than just my life; it is about what happens when a child grows up in circumstances that offer no stability, no safety, and very few choices, and yet still finds a way forward," Richard said in a recent interview. *"It is about the impact of growing up in chaos, and how that chaos can shape every decision you make for decades. I wrote this not to dwell on the past, but to show that even the most difficult beginnings do not have to define the ending. We are shaped by what we survive, but we are not limited by it. At some point, each of us has to decide whether we will remain defined by what happened to us, or whether we will use it as fuel to build something better. For me, that shift began the moment I entered the Navy and was forced to learn discipline, accountability, and structure, things I had never truly known before."*

Early readers have praised the memoir for its honesty, emotional depth, and unflinching portrayal of both

hardship and growth. It stands as both a personal testimony and a broader reflection on resilience and human adaptability.

[Adapted & Overcame](#) is now available on Amazon & Ingram. For more information about the author and his book, visit their website.

About the Author

Richard Blanchette is a retired Lieutenant Commander in the U.S. Navy Medical Service Corps. Over a distinguished career spanning three decades, he served in leadership and medical roles across multiple assignments. This memoir is his first major published work, tracing his journey from a difficult childhood through a distinguished career in the U.S. Navy and later as the founder of a professional association. The narrative is deeply personal, reflecting on choices, resilience, and the impact of key individuals.

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