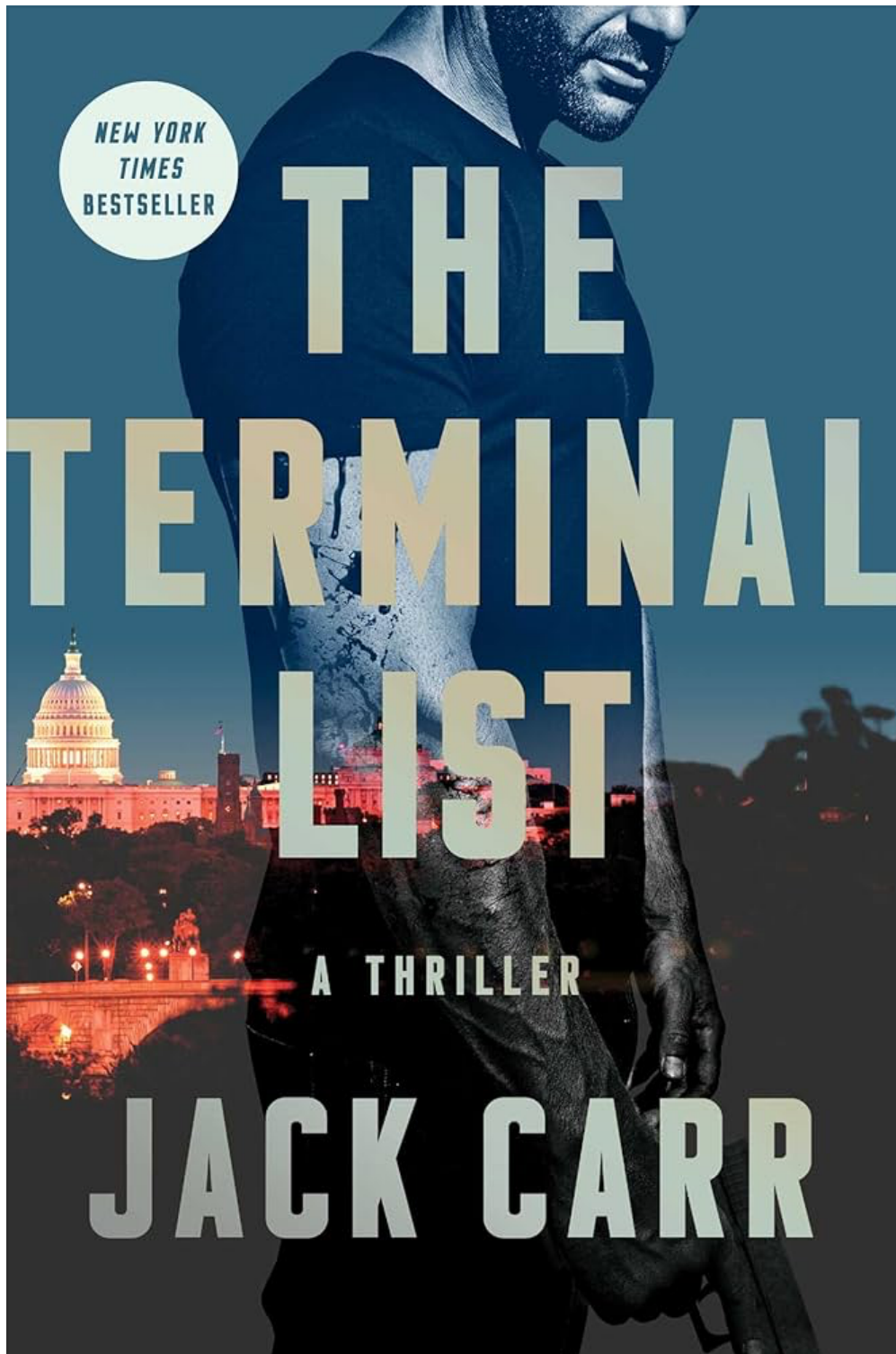


## The Terminal List (2018), Book 1 (James Reece) - Jack Carr



### About Jack Carr

George Petersen (born 3 July 1975), better known by his pen name Jack Carr, is an American author and former member of [United States Navy SEALs](#). He is best known for his thrillers made into television series in Amazon Prime.

*[What follows are quotes from the book above. These quotes stood out to*

*psychotherapist Emil Barna in his reading of the book. They are not meant to be exhaustive nor representative of the entire book. All quotes are to be read in this context and must not replace medical and/or other professional advice. Note: Any typographical errors occurred through the transcription process and do not reflect what may be found in the book.]*

## **Preface**

"The consolidation of power at the federal level in the guise of public safety is a national trend and should be guarded against at all costs. This erosion of rights, however incremental, is the slow death of freedom. We have reached a point where the power of the federal government is such that they can essentially target anyone of their choosing."

"As a free people. keeping federal power in check is something that should be of concern to us all. The fundamental value of freedom is what sets us apart from the rest of the world. We are citizens, not subjects, and we must stay ever vigilant that we remain so."

## **Prologue**

"Combat is sensory overload, total chaos, especially if you're in command. The noise is deafening, both from the incoming and outgoing fire, while the overpressure of muzzle blasts and explosions rock your body down to its DNA. Men are yelling, not out of fear or panic, but to communicate above the roar. Tracers come in, rockets fly past, dust from explosions and bullet strikes shroud your immediate world in a tactile cloud of dust. Radio traffic in your ears adds to the storm and demands a conscious response, which means one's actions in the moment must be subconscious."

"He took a full breath, briefly rested at its peak, then exhaled to find his natural respiratory pause when his lungs had expended their air, steadying and focusing him for the task at hand."

## **Chapter 3**

"as a leader you shared in the successes but owned the failure, and when successful you always pushed the credit down to the guys."

## **Chapter 10**

"Homecomings from a war zone are difficult to describe to those who have not experienced them firsthand. They are exceedingly powerful experiences, made all the more remarkable when children are part of the picture. Emotional floodgates that have been held at bay month after month are finally opened, allowing those feelings of love and devotion to pour through all at once. Homecomings made the deployments almost worth it, almost. Those pent-up

feelings, forced to take a six-month back seat to the mission of defending the nation, were now free to be expressed."

## Chapter 34

*"Observe. Orient. Decide. Act."*

## Chapter 38

""In Judges, Gideon asks God how to choose his men for battle. The Lord told Gideon to take his men down to the river and drink. The men who flopped down on their bellies and drank like dogs were no good to him. Gideon watched as some of his men knelt down and drank with their heads watching the horizon, spears in hand. Though they were few, they were the men he needed. You've always been one of the few, James. Keep watching the horizon.""

## Chapter 47

"Though he was fairly certain the building was deserted, he cleared it methodically and smoothly. *Slow is smooth, smooth is fast.*"

## Chapter 48

"From the outside looking in, one would think what Reece had done just a few hours earlier would cause. thoughts of introspection, regret, and possibly even confusion. Movies and books often portrayed soldiers having a difficult time taking a life in combat and then struggling to deal with the psychological aftereffects of their actions. To Reece killing was one of the most natural things one could do; it was hardwired into his DNA. If he were to think about it, Reece would conclude that the only reason he was alive today was that, throughout history. people in his lineage had been good at fighting to defend the tribe and at providing sustenance for their families. Killing was not so much about taking a life, it was about sustaining life: the lives of your countrymen, your unit, your family, yourself. That Reece did it exceptionally well did not bother him. Killing was what he did better than anything else. He remembered being surprised by the feeling he experienced the first time he killed another man in combat. If one was to trust the experts, he should have felt instant remorse, regret, and confusion, even anger. It was as if society expected those who have taken lives in defense of their nation to immediately require counseling to assist them through their grief. Perhaps that convenient narrative allowed civilized society to better deal with their detachment from the realities of warfare, while sending young men to die in the mountains, jungles, deserts, and cities of foreign lands difficult to find on a map. The truth was less complex. The truth was primal. Reece felt no such remorse. The first time he killed and every time thereafter, he had felt a different emotion: *relief*. It was relief to be *alive*."

"It wasn't that Reece felt no emotion from his years in combat; he was far from

a sociopath. In combat units, sociopaths got good people killed and were weeded out as soon as possible."

## **Chapter 49**

"Mosques were routinely used by the enemy as places of sanctuary, where they could plan and hide with impunity. Even though the Law of Armed Conflict clearly stated that a religious site would lose its immunity if it were used for a military purpose, U.S. senior military and political leaders were so scared of the fallout from hitting a religious site that they in effect allowed the enemy to plan attacks against U.S. forces from them without fear of reprisal. The insurgents knew it and took full advantage."

## **Chapter 50**

""The Holy Quran states that 'God does not change the condition of a people until they change what is in their hearts.'"

*These notes were collected by psychotherapist and author Emil Barna in 2025 in his efforts to assist with professional development and further education for himself and those who read them. You can find out more about Emil by visiting [www.barnacc.com](http://www.barnacc.com)*