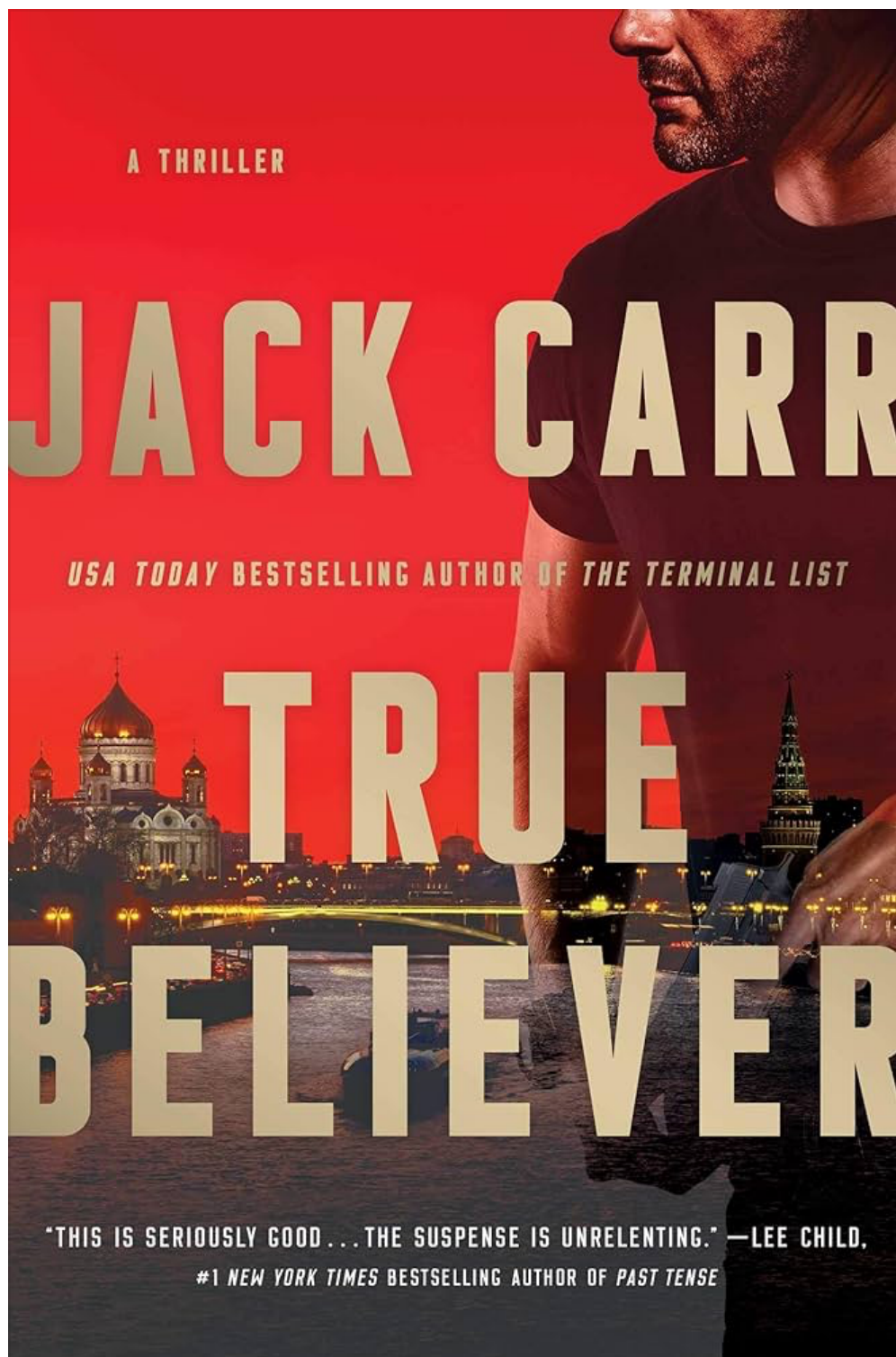


True Believer (2019), Book 2 (James Reece) - Jack Carr



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

"For those who have lived their lives in a constant state of hypervigilance, as our DNA dictates is necessary to survive and prevail at the tip of the spear, identifying a new mission in a postmilitary life can be a daunting task; the team is family, the team is purpose, the team is home. Returning to spouses, children, diapers, soccer practices, and leaky roofs can sometimes pale in comparison to the adrenaline and focus of planning and executing an operation to capture or kill"

"We are the accumulation of our past experiences. How we channel those experiences and knowledge into wisdom as we move forward is critical."

Chapter 24

"Though the SEAL Teams were predominantly Caucasian, they were color-blind as a culture. The military was, in many ways, far ahead of the rest of American society in terms of racial equality. While elements of segregation existed in the United States well into the 1960s, the military was integrated by Harry Truman soon after World War II. In the military, particularly in the special operations community, no one cared what color you were or what neighborhood you grew up in so long as you added value to the Team; it was always about the Team."

"Reece was building a team, and in the close-knit world of special operations, where officers and enlisted men trained, fought, slept, and bled in the same mud, leaders ate last. Reece thought of his SEAL Teams, the skills developed and honed through the hunting of men as they dismantled and destroyed terrorist networks across the globe. Reece was adapting those skills to a different battlefield against a new adversary. It was time to hunt again."

Chapter 30

"*Stupid Americans.* Didn't they comprehend what was happening? They were killing themselves. While they foolishly spent their treasure and spilled their blood in Iraq, Afghanistan, and Yemen, the very ideology they were fighting to defeat was moving into their cities, their schools, their very government. The freedoms the West championed so proudly would be their ultimate downfall. Those freedoms would be targeted and exploited. Their freedoms were their weakness. *Know thy enemy.*"

Chapter 35

"Skills such as shooting are highly perishable, and Reece hadn't done any serious firearms training in close to a year. Being an "expert" in anything means doing the basics exceptionally well, so Reece started with the fundamentals."

"["]Slow is smooth, smooth is fast." "I've heard that somewhere before, Reece said, remembering the old SEAL adage."

Chapter 37

""Remember, a fight isn't just about surviving, it's about prevailing. There's a difference""

Chapter 38

"the United States is the most powerful nation on earth, just as Great Britain was before her. Rome and the Mongols held that title as well, but more formidable than the dominance of those empires has always been the power of an *idea*. As those great powers rose and fell, *ideas* remained. Never forget that"

Chapter 48

"the terrorist leader had a fondness for prepubescent boys, and one of the destitute families in Institut had offered their son in exchange for what, to them, was a vast sum of money. American troops had been shocked by the pedophilia that they witnessed first in Afghanistan and later in Iraq. Known as *bacha bazi*, or "boy play," in Pashto, this modern-day sex slavery was abhorrent to Westerners but accepted or at least tolerated by many in Central Asia and the Middle East. When drone strikes targeted the meetings of terrorist leaders, young "entertainment" boys were often found among the dead."

Chapter 77

"Their apprehension about sharing and their skepticism about a threat were not unfounded. Single-source intelligence, hunches, and as. sumptions were how one got into trouble. Of course, that ran contrary to the sixth sense that had kept warriors alive in battle since the beginning of time; sometimes you just needed to trust your gut."

Chapter 92

"Reece raised his glass in tribute to their fallen brother, repeating the words immortalized by legendary SEAL Brad Cavner: *"To those before us, to those amongst us, to those we'll see on the other side. Lord let me not prove unworthy of my brothers."* "Until Valhalla, Freddy."

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