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# 12 Rules For Life: An Antidote To Chaos



## Synopsis

What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life. *12 Rules for Life* shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers.

## Book Information

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## Customer Reviews

JORDAN B. PETERSON, raised and toughened in the frigid wastelands of Northern Alberta, has flown a hammer-head roll in a carbon-fiber stunt-plane, piloted a mahogany racing sailboat around Alcatraz Island, explored an Arizona meteorite crater with a group of astronauts, built a Native American longhouse on the upper floor of his Toronto home, and has been inducted into the coastal

Pacific Kwakwaka'wakw tribe. He's taught mythology to lawyers, doctors and businessmen, consulted for the UN Secretary General, helped his clinical clients manage depression, obsessive-compulsive disorder, anxiety, and schizophrenia, served as an adviser to senior partners of major Canadian law firms, and lectured extensively in North America and Europe. With his students and colleagues at Harvard and the University of Toronto, Dr. Peterson has published more than a hundred scientific papers, transforming the modern understanding of personality, while his now-classic book, *Maps of Meaning: The Architecture of Belief*, revolutionized the psychology of religion. The author lives in Toronto, ON. [www.jordanbpeterson.com](http://www.jordanbpeterson.com)

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