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12 Rules for Life Summary: An Antidote to chaos is a bestselling self-help book by Jordan, this book includes abstract ethical principles about life influenced by and based on biology, literature, religion, myths and scientific research. Jordan has written this book in a more accessible way than his previous book known as Maps of Meaning.

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Book Summary: 12 Rules for Life: An Antidote to Chaos by Jordan b. Peterson. Over the years, (former) Harvard and (current) University of Toronto professor and clinical psychologist Dr. Jordan B. Peterson has developed what he believes to be a definitive set of rules for leading a successful and fulfilling life. Originally conceived...

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12 Rules for Life Summary is Jordan Peterson's antidote to chaos: his list of twelve rules which can help you organize the disorder into a meaningful life.

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The 12 Rules for Life is a book by Jordan B. Peterson that touches on many topics including science, philosophy, psychology, religion, and politics. It is a self-help book, and at its core are two key concepts. Firstly, that you should take personal responsibility for your life and the life of those in your charge (your children).

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Psychologist Jordan Peterson wrote '12 Rules for Life'. And now they're going viral. In January of this year, the 55-year-old published his second book, 12 Rules for Life: An Antidote to Chaos, which has in a matter of months reached the top of Amazon's bestseller list. David Brooks refers to him as one of the most influential thinkers of our time,...

### What are Jordan Peterson's 12 Rules for Life? Here's a summary

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.

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Peterson's 12 rules. Rule 1 Stand up straight with your shoulders

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1-Page Book Summary of 12 Rules for Life Most humans crave order and meaning in existence, to deal with the terrifying uncertainty of the world. For much of history religion served this function (eg being a servant of God). But as secularism rises, a void remains that is filled by nihilism and empty ideologies.

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The big duality in 12 Rules for Life is the opposition of order and chaos. The point of the rules is, as the subtitle states, to provide "an antidote to chaos". The maintenance of order is at the...

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Renowned psychologist Jordan B Peterson's 12 Rules for Life: An Antidote to Chaos combines the hard-won truths of ancient tradition with the surprising revelations of cutting-edge scientific research.

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