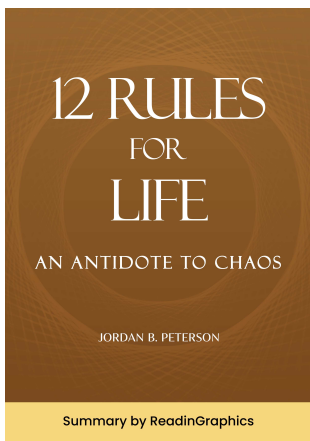




12 RULES FOR LIFE

An Antidote To Chaos

JORDAN B. PETERSON



READINGGRAPHICS
Ideas Come Alive

The Big “So What”



For centuries, religion has played a major role in man’s quest for stability and meaning. The rise of secularism and nihilism brought new ideologies, but also a growing sense of emptiness. **Based on years of research across various topics, Peterson presents 12 rules of life to help you live with meaning and purpose.**

Introduction



➡ **Rules vs freedom.** Human beings don’t like rules and restraint. Yet, we need structure in our lives, which is impossible without rules. Rules bring order, facilitate cooperation and stable relationships. Without rules, there’ll be chaos and uncertainty.

🕒 Peterson believes that the way to live a free and full life is to embrace rules that help you to produce good in life.

- Relativists believe that there’s no universal truth—everything from moral values to virtues is subjective, and there’s no “right” or “wrong”. Yet, if you tolerate *everything* and won’t make a stand on *anything*, your life becomes directionless.
- On the other extreme, ideologues impose their beliefs on others, thinking they know what’s right/best. They adopt an authoritarian approach to judge and censor everything.
- Instead of adopting either extremes above, Peterson believes that Good is the simply the prevention of Evil, and good rules that reduce unnecessary human suffering will help us to live better lives.



After years of researching various topics (from history to religion, mythology, neuroscience and psychology), Peterson developed the 12 Rules of Life in this book. These rules are

KEY QUOTES

“The best rules do not ultimately restrict us but instead facilitate our goals and make for fuller, freer lives.”

- Dr Norman Doidge

“Alongside our wish to be free of rules, we all search for structure.”

- Dr Norman Doidge

“Shared beliefs simplify the world...because people who know what to expect from one another can act together to tame the world.”

“We must each adopt as much responsibility as possible for individual life, society and the world.”

“If we each live properly, we will collectively flourish.”

built on the fundamental rule that we must each take responsibility for our own lives. Get your life in order and do the best for yourself, your society and the world at large. Only then will you discover the true extent of your potential and resilience, while helping mankind to thrive collectively.



READINGGRAPHICS
Ideas Come Alive

The 12 Rules for Life



Rule 1: Fix your posture



All animals, including humans, are governed by dominance hierarchies and involuntary biochemical responses.

- Lobsters battle for dominance. During a confrontation, 2 lobsters size each other up using their body/claw sizes and chemical secretions (which signal their health, strength and mood). Dominant lobsters have higher serotonin levels, project greater confidence, a better posture, and can fight longer. An alpha lobster typically “wins” without even having to fight physically.
- After each confrontation, a lobster’s brain changes—the loser avoids further conflict, whereas the victor gains even higher confidence and serotonin levels. Similar patterns can be found in other animal species—generally, stronger animals get more food, better “homes”, higher status, better mates, and greater cooperation from others. That’s nature’s way of distributing scarce resources.



Likewise, humans have a dominance detector in our brain. How we perceive our social/economic status affects our well-being which reinforces our status in a positive feedback loop.

- People with strong self-esteem feel/transmit a sense of security and confidence, which makes them more attractive and respected. This improves their productivity and well-being, which further reinforces their self-perception. Higher serotonin levels are associated with greater resilience, happiness, health, lifespan, pro-social behavior and leadership.
- On the other hand, people with a low self-perception feel insecure. They’re more likely to be stressed, jumpy and

KEY QUOTES

“The dominance hierarchy...is a master control system, modulating our perceptions, values, emotions, thoughts and actions.”

“There is an unspeakably primordial calculator, deep within you...It monitors exactly where you are positioned in society—on a scale of one to ten, for the sake of argument.”

“Circumstances change, and so can you.”

reactive. They make poor decisions, fail to command respect/resources, which reinforce their loser complex.



In short, our self-perception affects the vibes we transmit to create a self-reinforcing loop. If you feel like a loser for whatever reason, the first step is to break the negative cycle by correcting your posture.

- Don't slouch. It conveys defeat and a low status, which prompts others to treat you poorly and reinforce your low self-perception.
- Fix your posture. Stand straight, push your shoulders back, speak up and make eye contact. This signals confidence to yourself and others. You'll feel better, others will show you more respect, and it starts a virtuous cycle. **It's about standing tall, facing up to reality and taking responsibility to become all you can be.**



Rule 2: Care for yourself the way you care for others



We tend to take better care of our pets than we do ourselves. When a pet is sick, we diligently follow the prescribed care. Yet, when we're sick, we fail to fill/take our prescriptions. **Peterson argues that we self-sabotage our success because of our self-loathing, or an inner belief that we're not worth helping.**

- He explains this using the Biblical story of how Adam and Eve ate the forbidden fruit and saw themselves as naked, ugly and shameful. We still carry the original sin today—we are aware of the human capacity for evil and secretly loathe ourselves.
- On the other hand, our pets and children are faultless—they're innocent and hence deserve all the help/care we can give.



Chaos and Order must coexist. They're 2 sides of the same coin, like the duality of yin and yang, of masculinity and femininity. Even in the garden of Eden (a place of goodness created by God), Chaos wove its way in (as the evil serpent).

- Order vs Chaos. Order is the “explored territory” of what we know and understand. Things are in order when they



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

“To stand up straight with your shoulders back is to accept the terrible responsibility of life, with eyes wide open...It means willingly undertaking the sacrifices necessary to generate a productive and meaningful reality.”

“Order is the place where...all things turn out the way we want them to.”



READINGGRAPHICS
Ideas Come Alive

go according to our expectations and desires. You're surrounded by familiar environments, routines and concepts you understand. Chaos is the "unexplored territory" of the things we don't yet know or understand. When you're betrayed by someone or hit by disaster, your world collapses around you and you fall into an emotional turmoil.

- Order gives us structure, stability and certainty, but can also bring oppression and limitation if taken to the extreme. Chaos represents instability and uncertainty, but can also bring freedom and potential. **Life is about balancing the two forces—we need a blend of stability and renewal, of security and change.** We need danger and challenges in order to grow and mature.



To counter self-loathing, you must believe you have an important mission in this world. To do good, you must first take care of yourself and be healthy physically and mentally.

- See and treat yourself the way you do your pet or children—focus not just on your flaws but also your potential.
- Get clear on your strengths and limitations, your principles and priorities, your goals and directions, and what you must learn or do to achieve them. Build discipline by keeping the promises to yourself. These will bring order, hope and direction to your world.



Rule 3: Surround yourself with people who want the best for you



We become the average of the people we spend the most time with. In the wrong company, we can end up in crime or even suicide. So, why do we hang around people who drag us down?

- We may think we're "rescuing" others in need, though our real reasons are often not so altruistic. We may be playing savior to feel virtuous or to make our own conditions seem better (e.g. our drinking problem can seem ok next to a chronic alcoholic). We may secretly enjoy the sense of power over the other person, or use it as a distraction to avoid the real challenges that we should be tackling.

KEY QUOTES

"Chaos is the domain of ignorance itself. It's unexplored territory....it is...all those things and situations we neither know nor understand."

"You need to place one foot in what you have mastered and understood and the other in what you are currently exploring and mastering...That is where meaning is to be found."

"You should take care of, help and be good to yourself the same way you would take care of, help and be good to someone you loved and valued."

"A hero is something positive, not just the absence of evil."



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

- Or, we may simply be taking the easier path in life. It's easier to engage in vice than to stick to virtue, to not care about anything than to make a stand and fight for meaningful goals.



The truth is, people in the dumps are there often because they won't take ownership of their problems. You can't help people who're not willing to help themselves.

- Others may exploit your generosity, try to keep you from outshining them, or drag you down so they feel less like a loser. Or, they may be seeking charity without taking responsibility for their problems, and your help only disempowers them further.
- Studies found that team effectiveness tends to fall to the lowest common denominator. Even with the best of intentions, a negative person can still drag you—and your entire team—down.



Surround yourself with people who want the best for you.

- People who want you to succeed will not allow you to engage in destructive thinking or to mistreat yourself. They'll push you to do what's right (however difficult), and encourage you to move upward. Real friendship is not about blind loyalty. It's about reciprocity, with both sides supporting and pushing each other to greater heights.
- Don't associate with people who drag you down, use you as a life buoy, or expect charity without taking personal responsibility for their own actions and growth. Use this rule of thumb: If you won't recommend a friendship to someone you care about, then don't keep that friend yourself.



Rule 4: Improve your own game instead of playing others'



In a highly-connected, populous world, you can always find someone who's better than you—be it in looks, wealth, status or relationships. No matter what you've achieved, you can still feel miserably inferior compared to others.

- Everyone has different goals and there's no fixed benchmark for success. Stop being obsessed with others'

"Loyalty is not identical to stupidity. Loyalty must be negotiated, fairly and honestly."

"No matter how good you are at something, or how you rank your accomplishments, there is someone out there who makes you look incompetent."

"If something can be done at all, it can be done better or worse."

successes. Instead, get clear on your goals and what being “better” means for you.

- Think of life as a game, each with its own set of rules and objectives. You’re free to try new games until you find the one(s) that fit your unique strengths, weaknesses, circumstances and goals. There’s no need to win every single game—it’s more important to keep improving your game.



Look deeply inward to figure out what you truly want and why.

Get to know yourself like how you would a stranger: What are your values, interests and motivators? What makes you tick? With that understanding, you can push yourself to do better.



The past is fixed, but what you do today decides the future.

If something is not right in your life (or you), fix it. Take baby steps daily: set small goals within your abilities, then reward yourself each time you achieve them. Ask yourself, “What could I do, that I would do, to make life a little better?” Every day, find something small that you can fix. Over time, you’ll keep raising the baseline and reap the power of compounding.



Your goals determine what you see—once you set your sights on something, you’ll zoom in on things that support or hinder these goals. As you focus on daily improvements, your viewpoint will shift.

- For example, if you set a narrow goal to have your boss’s job, you’ll feel stuck if he doesn’t move on. But, if you aim to improve your life in a way that also improves others’ lives, you’ll suddenly find yourself surrounded by possibilities. The world hasn’t changed, but your options have, because the change in perspective has removed your self-imposed limitations.

- Keep focusing on what you can do daily to make your life better, without being fixated on what “better” means. Allow it to evolve as you do.



Rule 5: Teach your children to abide by society’s rules



Children aren’t born with social-cultural skills—they must be taught how the world works and how to navigate human society.



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

“Before you can articulate your own standards of value, you must see yourself as a stranger—and then you must get to know yourself.”

“You could watch the precious days tick by. Or you could learn how to entice yourself into sustainable, productive activity.”

“What you aim at determines what you see.”

“Children must be shaped and informed, or they cannot thrive.”



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

"Poorly socialized children have terrible lives. Thus, it is better to socialize them optimally."

"It is an act of responsibility to discipline a child. It is not anger at misbehavior. It is not revenge for a misdeed."

"The fundamental moral question is not how to shelter children completely from misadventure and failure...but how to maximize their learning so that useful knowledge may be gained with minimal cost."

"It is the primary duty of parents to make their children socially desirable. That will provide the child with opportunity, self-regard, and security."

- Kids push boundaries (e.g. throw tantrums or hit their parents) to learn what's permissible and what isn't. **Parents who don't set clear boundaries for their young kids only end up hurting them in the long run.** If you don't correct your child when he hits or bullies others, he'll struggle to make friends and interact meaningfully with others.
- Many modern parents are afraid to discipline their kids, for fear of losing their love or limiting their creativity. Others are simply lazy or negligent. Research shows that boundaries improve (not hinder) creativity, security and achievement in the long run. Discipline can always be done with care and mercy, e.g. using timely rewards and reinforcement (like a praise or a pat on the head) when your child does something right.
- Don't be afraid to use both positive and negative emotions to educate your child. Positive feelings (e.g. satisfaction) teach us what to do more of, while negative feelings (e.g. pain) teach us what not to do.



If you want your children to succeed, help them to become well-liked. Teach them the rules now, so they won't be punished harshly by society in the future. Use these 5 principles as a guide:

- Limit only to essential rules, e.g. no violence except in self-defense, pay attention when adults speak to you, take care of your belongings etc.
- Use the minimal amount of force required to enforce these rules. Experiment with different approaches to identify what works for your kid, e.g. a firm glare, verbal commands or physical discipline.
- Parenting is best done with a partner, so you can cover each other when one party makes a mistake.
- Parents have finite patience too, and are capable of anger and revenge. If your kids get out of hand, you may start to resent and subtly punish them (e.g. by ignoring them). This can start a vicious cycle if they resort to more extreme behaviors that trigger even more resentment in you.

- Serve as a proxy for the real world. Teach your kids what's acceptable or unacceptable, and how to behave in a way that'd make others like them. **Teach them how to follow social norms graciously without conforming blindly.**



Rule 6: Get your own house in order before criticizing others



Setbacks and suffering are inevitable in life. Some people respond with denial, helplessness, anger, or even acts of vengeance (e.g. genocide). Yet, others are positively transformed by adversity—they make peace with what happened and devote themselves to making a positive difference. A victim of abuse can grow up to be a bully, or he can help other victims of abuse.



Evil can breed evil, but it can also teach us about goodness. **You can experience pain and setbacks without being “corrupted” by it. The key is to get your own house in order instead of pointing fingers.**

- There's *always* something within your control, e.g. you can't control the economy but you can be prepared for a financial crisis. Instead of feeling bitter and resentful (which won't make things better), redirect your energy to constructive uses.
- Take stock of your situation: Have you taken full ownership of the problem? Have you done everything possible (and used every available resource and opportunity) to make things better? Get your own house in order before you criticize others. Find your internal peace before advising others what to do.
- If you know something is wrong, stop doing it. If you know there's something you should do, then get it done. Be honest with yourself, and trust your own judgement and standards instead of constantly looking to others for direction. Do/say only what you believe is right and makes you feel strong. Over time, you'll make peace with yourself, gain clarity on who you are and what you want, and can move ahead confidently in life.



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

“People who experience evil may certainly desire to perpetuate it, to pay it forward. But it is also possible to learn good by experiencing evil.”

“Have some humility. If you cannot bring peace to your household, how dare you try to rule a city?”

“Stop saying those things that make you weak and ashamed. Say only those things that make you strong. Do only those things that you could speak of with honour.”



Rule 7: Focus on a higher purpose, not instant gratification



We can use suffering as an excuse to live carelessly in the moment, or we can do something meaningful to minimize the suffering. Unlike other animals, mankind has the ability to control our primal, base desires, and to plan ahead. We understand the concept of delayed gratification—to do the hard things today to make our lives better in future—such as saving for a rainy day instead of spending every cent. The challenge is figuring out (i) what/how much to sacrifice today and (ii) whether the future outcome will be worth it.



To know how to live, we must first come to terms with who we are and what values we will live by. Peterson explores how mankind's definition of meaning/sacrifice have changed over the centuries. He also discusses how Christianity, despite its significant influence, has its shortcomings in modern society. For instance, it doesn't address present suffering or deal with problems like global warming, it devalues earthly life by focusing on eternal salvation, and frees people from personal moral obligation (since Jesus already died to redeem us). Religion doesn't provide all the answers, but it at least offers a set of guiding principles. Nihilism, on the other hand, removes all rules to create a void, whereas totalitarianism rigidly imposes a singular worldview.



Peterson suggests that a universally good outcome (regardless of your religious or ideological beliefs) is to alleviate unnecessary pain and suffering.

- Doing good can fill your life with meaning and even make the world's evils/injustices seem more bearable. Do whatever you can to make the world a little better each day, e.g. counsel someone out of a bad situation or empower others to do good.
- Think deeply on who you must become to live your life most meaningfully. The greater the transformation, the greater the sacrifice you must make. **Don't focus on expedience or short-term impulses. Inhibit your urges and direct your energy toward a higher goal.** Aim to align everything in your life so they converge on a single axis. Take actions that concurrently fit your values/purpose and benefit yourself, your loved ones and the world at large.



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

"The fact of life's tragedy and the suffering that is part of it has been used to justify the pursuit of immediate selfish gratification for a very long time."

"Freedom—even the ability to act—requires constraint."

"Meaning is what manifests itself when the many levels of Being arrange themselves into a perfectly functioning harmony."



Rule 8: Find your personal truth and live it



✗ All of us are guilty of lying to ourselves and others.

- We lie to others—outrightly, with half-truths or misleading words—to get what we want and to avoid pain, e.g. to seem more competent, avoid conflict or be well-liked.
- We also lie to ourselves about who we are, what we want and what we can/can't do, e.g. that we're happy with our jobs, that a bad habit isn't harmful, or things will work out magically.
- When you tell a lie, you feel unsettled. You may try to forget the incident or find excuses afterward, but deep inside, you know when you're lying. It's not an unconscious act.



You may get stuck in a “life-lie” because you're too narrowly fixated on a predefined outcome that you twist everything—your thoughts, perspectives and actions—to achieve it at all cost. For example, you announce at the age of 20 that you'd retire by 50 with a house by the beach, and refuse to change course even when you realize later that it's not what you truly want. Don't let stubborn pride blind you to signs that you're on the wrong path.



You may also stick with a lie to escape mistakes from the past. You can't fix something if you're hiding from it. In fact, one small lie can lead to another, until you're ensnared in a trap of your own making. On the other hand, when you face up to a truth/challenge, you can find new info and solutions. In fact, organisms have been found to activate new genes in a new environment. So, each time you try something new, you're actually transforming yourself.



Find your personal truth and act consistently with it. If your life isn't ideal, start by being honest with yourself about why it is so.

- Set a concrete goal to work toward—ideally one that focuses on developing your character/ability, not on achieving power/status. Treat your ambition as a direction to work toward, but stay open to new options as you learn and evolve.



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

“Taking the easy way out or telling the truth—those are not merely two different choices. They are different pathways through life. They are utterly different ways of existing.”

“If you make a move and it isn't helping you win, then, by definition, it's a bad move. You need to try something different.”

“If you will not reveal yourself to others, you cannot reveal yourself to yourself.”

“Error necessitates sacrifice to correct it, and serious error necessitates serious sacrifice.”

“You are by no means only what you already know. You are also all that which you could know, if you only would.”



READINGGRAPHICS
Ideas Come Alive



Rule 9: Learn to be a good listener

People need a listening ear. As a good listener, you can learn while helping others to solve problems.



Talking is a way to help people think. As people verbalize their thoughts/feelings, explore past events, and simulate the future, they can gain clarity on their views and options.

- Deep thinking is hard work. It's like having an internal dialogue to debate 2 or more differing viewpoints. You must articulate the ideas clearly, present conflicting arguments, challenge your own assumptions, and agree/disagree with yourself. To stay sane, most people prefer to talk to others.
- As a listener, you can help the other person to think. Sometimes, you don't have to say anything. Just by listening fully, you validate others and let them solve their problems. At other times, you can be a voice of reason or a mirror to help them see what they're ignoring.



If you can listen without premature judgment, people tend to trust you and share their thoughts freely. Often, you can learn valuable lessons just by listening to others' experiences.

- By contrast, poor conversationalists don't seek to listen or learn. They may try to exert their dominance or convince others of their view. They're constantly thinking of what to say instead of listening to what the other party is saying.
- Enter every conversation with the assumption that you can learn something from the other person. Let people talk/think without interrupting or offering inputs to sway their conclusion. Beware of the subtle influences from your responses or body language.



The best conversations are built on the premise that everyone has something to contribute. Everyone listens actively,

KEY QUOTES

"Thinking is an internal dialogue between two or more different views of the world."

"True thinking is rare—just like true listening."

"If you listen...without premature judgment, people will generally tell you everything they are thinking—and with very little deceit."

builds on one another's inputs, and leaves with an improved perspective and/or a better solution than what they started with.

- To ensure you've truly understood what's being said, listen carefully, then objectively reflect on what you've observed, e.g. "You said this and I noticed that, which made me aware of this." This helps to clarify how the verbal and non-verbal messages are being interpreted, uncover hidden assumptions and new insights.
- During a dispute, pause the discussion and add a new rule: Each person can only speak for himself after he has repeated the ideas/emotions of the previous person accurately to that person's satisfaction. This forces people to *truly* listen and understand each other, while consolidating the ideas to make them clearer.



Rule 10: Define your problem precisely to make it manageable

 We simplify our world by seeing only what's required to survive and achieve our goals. Often, we avoid looking deeply into a problem in hope that it'll go away by itself. **It's easier to pretend the problem doesn't exist, than to spell it out and confront the associated pain.** Yet, left unaddressed, the doubts and uncertainties can build up into a catastrophic failure.

 Specificity brings order to chaos. When you can't make sense of a problem or situation, you feel fearful and unsettled. You start to speculate and second-guess everything, making the problem more complex than it really is. However, **once you can pinpoint the issue specifically, it becomes more manageable.**

- You can't fix something if you don't know what's broken, just like a doctor cannot prescribe the right cure without knowing the exact symptoms. The only way to reinstall order is to diagnose the problem specifically. Be precise—define exactly what is wrong and why, what you want and what you're going to do about it. Speak carefully and precisely about what's going on, so you can filter out the exact issue and actionable parts instead of being overwhelmed by a host of irrelevant or imagined issues.
- Things left unsaid in relationships can cause suspicion and resentment to build up and create a tangle of issues



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

"Listen, to yourself and to those with whom you are speaking. Your wisdom then consists not of the knowledge you already have, but the continual search for knowledge, which is the highest form of wisdom."

"Not thinking about something you don't want to know about doesn't make it go away."

"Precision specifies. When something terrible happens, it is precision that separates the unique terrible thing that has actually happened from all the other, equally terrible things that might have happened—but did not."

and emotions. If you feel uneasy about something, define explicitly what's troubling you and discuss it with your partner. Tackle interpersonal conflicts by addressing 1 specific issue at a time. Don't allow things to build up, nor drag in other events or issues in your discussions.



Rule 11: Accept that inequality exists



Some postmodernists argue that gender is entirely a social construct, i.e. it's no more than a tool for men to oppress women. Peterson disagrees. He cautions against pushing for men and women to behave in *exactly* the same way, as it goes against our biological nature and can backfire.

- The truth is, men and women are biologically different. Historically, women were disadvantaged not solely due to male oppression. There were also biological reasons e.g. the burden of reproduction, menstruation, unwanted pregnancies, bodily damage from childbirth etc. Male and female animals play different roles in nature, yet no one calls it gender inequality.
- Peterson advocates giving people the social freedom to choose what they prefer instead of insisting on a 50-50 split in every profession. If, given the freedom, women still prefer nursing and men prefer to design bridges, why not leave them be?



Another postmodernist argument is that hierarchy exists merely a tool for the rich to suppress the poor. Hierarchies do create inequalities, but not because the rich uses it for exploitation and exclusion. Hierarchies help us to organize ourselves, and status in healthy societies comes from competence, not power.



Peterson warns against simplistic worldviews that focus narrowly on 1 single factor (e.g. gender). Inequality is a fact of life. If we insist that women should earn as much as men, should we also insist that everyone of the same race, nationality and age earns the same salary? **Leave such choices to the marketplace instead of forcing a homogenous outcome.**

- In fact, the extreme views on gender equality may have tipped the balance against men in many areas. It's often



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

"Precision may leave the tragedy intact, but it chases away the ghouls and the demons."

"Any hierarchy creates winners and losers."

"In societies that are well-functioning... competence, not power, is a prime determiner of status."

acceptable for a girl to excel in a “boyish” activity or beat a boy, but not vice versa. In certain university disciplines, males are also disadvantaged compared to females.

- We also risk “feminizing” boys by protecting them from danger or teaching them not to be aggressive or competitive. In the end, women still want men who’re smarter and tougher than them. As it is, highly-educated women already struggle find suitable partners—by training little girls to stand firm and training little boys to be gentle, we’ll only hurt both genders in the long term.

 Leave the kids as they are. Don’t brainwash them with unproven theories on gender and hierarchy, nor socialize them to act against their biological nature. Let them find their own way.

 **Rule 12: Take time to appreciate the good things in life**

 Suffering is inevitable and some people just seem to have a worse lot in life than others. Peterson’s own daughter suffered from a rare juvenile rheumatoid arthritis, and was plagued with years of chronic pain. What kind of god would allow innocent children to suffer or permit atrocities like mass genocide?

 Yet, our pains and limitations are what make our joy and triumphs meaningful; they make us who we are. If we’re all-powerful and omnipresent, life becomes dull and pointless.

- When Superman was first created as a comic book character, he had such godly powers that he could do *anything*. Without struggles, learning and growth, he became boring. So, the franchise recreated Superman with a weakness—kryptonite.
- What we admire about others are intertwined with their struggles and limitations. Loving someone means loving their imperfections too.

 You can hate the universe for your suffering. Or, you can accept it as a part of existence, and focus on goodness and options instead.

- Limit the time you spend thinking of your pain and illness. Never think of it at night to avoid disrupting your sleep.



READINGGRAPHICS
Ideas Come Alive

KEY QUOTES

“If you think tough men are dangerous, wait until you see what weak men are capable of.”

“Too much protection devastates the developing soul.”

“If you are already everything, everywhere, always, there is nowhere to go and nothing to be...No limitation, no story. No story, no Being.”

“Once you are aligned with the heavens, you can concentrate on the day.”

- Notice and appreciate the everyday goodness that makes life worth living. Watch a kid splash in a puddle, pet a cat when you see one, or enjoy a nice cup of coffee. Do your forward planning when you're feeling good, since you can't do so effectively when you're in the clutches of pain.



READINGGRAPHICS
Ideas Come Alive

Other Details in the Book to Look out For



In the book, Peterson shares (in great detail) a range of personal stories and perspectives, his interpretation of Biblical and mythical stories, references to and citations from various ancient texts, philosophers, psychologists, etc., to explain how he arrived at the 12 rules of life. For more details, please visit <https://www.jordanbpeterson.com>.

About the Author



Jordan B. Peterson (born 1962) is a Canadian clinical psychologist and a professor of psychology at the University of Toronto. He holds bachelor's degrees in political science and psychology from the University of Alberta and a Ph.D. in clinical psychology from McGill University. Peterson was a post-doctoral fellow at McGill, before becoming an assistant professor, then an associate professor, at Harvard University. He moved back to Canada in 1998.

About ReadinGraphics



READINGGRAPHICS
Ideas Come Alive

ReadinGraphics captures pearls of wisdom from the best books around the world, chunks down concepts into simple, actionable steps, and presents them in graphics that you can absorb at a glance.

We cut through the clutter to bring ideas to life, making it easier to see, organize and apply insights to create breakthroughs.

Find out more about us at <https://readinggraphics.com>



www.readinggraphics.com



[ReadinGraphics](#)



[ReadinGraphics](#)

KEY QUOTES