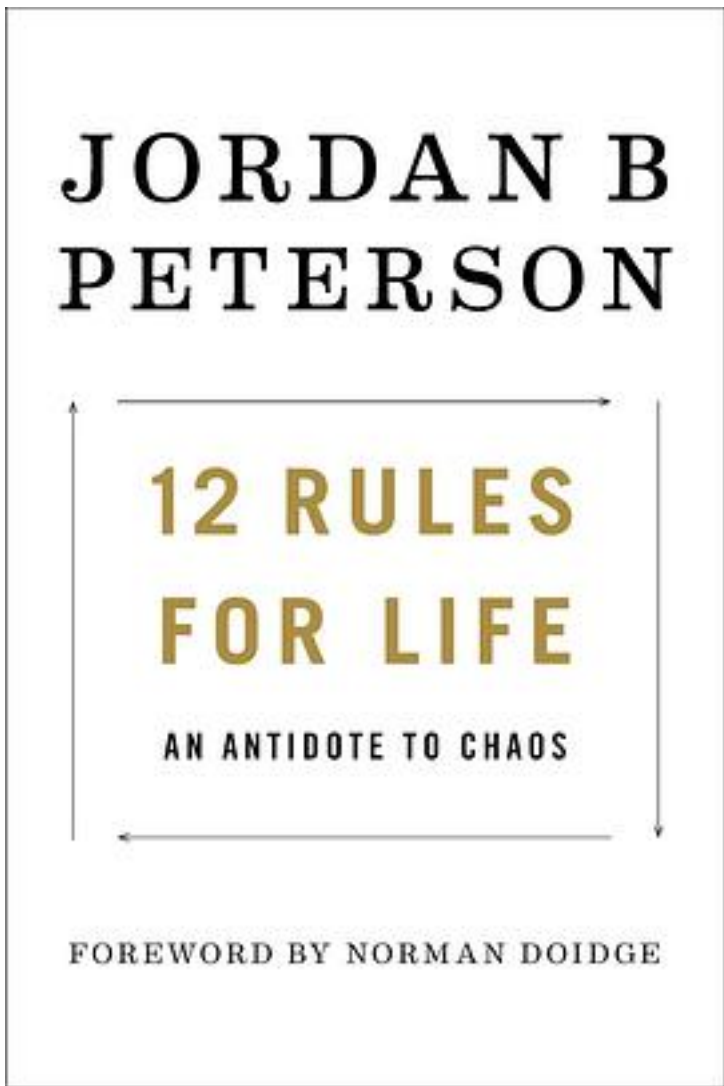


12 Rules for Life



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著者:Jordan B. Peterson

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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 listeners.

作者介绍:

Jordan B. Peterson is a Canadian clinical psychologist, self-help writer, cultural critic, and professor of psychology at the University of Toronto. His main areas of study are in abnormal, social, and personality psychology, with a particular interest in the psychology of religious and ideological belief, and the assessment and improvement of personality and performance.

Peterson grew up in Fairview, Alberta. He earned a B.A. degree in political science in 1982 and a degree in psychology in 1984, both from the University of Alberta, and his Ph.D. in clinical psychology from McGill University in 1991. He remained at McGill as a post-doctoral fellow for two years before moving to Massachusetts, where he worked as an assistant and an associate professor in the psychology department at Harvard University. In 1998, he moved to the University of Toronto as a full professor. He authored *Maps of Meaning: The Architecture of Belief* in 1999, a work in which examined several academic fields to describe the structure of systems of beliefs and myths, their role in the regulation of emotion, creation of meaning, and motivation for genocide.

In 2016, Peterson released a series of videos on his YouTube channel in which he criticized the Canadian government's Bill C-16. He subsequently became involved in several public debates about the bill that received significant media coverage.

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Foreword by Norman Doidge

Overture

RULE 1 / Stand up straight with your shoulders back

RULE 2 / Treat yourself like someone you are responsible for helping

RULE 3 / Make friends with people who want the best for you

RULE 4 / Compare yourself to who you were yesterday, not to who someone else is today

RULE 5 / Do not let your children do anything that makes you dislike them

RULE 6 / Set your house in perfect order before you criticize the world

RULE 7 / Pursue what is meaningful (not what is expedient)

RULE 8 / Tell the truth—or, at least, don’ t lie
RULE 9 / Assume that the person you are listening to might know something you don’ t
RULE 10 / Be precise in your speech
RULE 11 / Do not bother children when they are skateboarding
RULE 12 / Pet a cat when you encounter one on the street
Coda
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• • • • • (收起)

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标签

社会

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评论

Rules? More rules? Really? Isn’ t life complicated enough, restricting enough, without abstract rules that don’ t take our unique, individual situations into account? And given that our brains are plastic, and all develop differently based on our life experiences, why even expect that a few rules might be helpful to us all? Yes, it does

这本书拯救了我的一生 推荐给所有朋友

I wish this book had been around to read when I was 18

刚刚下单先给个5星再说

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书评

如果你经常听 TED 演讲的话，不知道你有没有一种感觉。一种“奶油”感。我现在越听 TED，就越觉得这不是一个现代思想论坛，这是一个宗教论坛。所有 TED 演讲，基本上都在说下面这些信仰： 1. 世界很美好 2. 每个人都是特殊的，每个文化都是无价的 3. 我们对未来充满乐观 我家有...

知生命之意者，可承生命之重。——尼采 微博上刷到乔丹·B·彼得森（Jordan B. Peterson）《生活的12条法则》的演讲视频，竟看了一天。这本书大陆没有出版。本文根据观看演讲视频的记录和感受整理。
心理学家讲生活之道，从人性的暗流入手，探究其内在动机与逻辑，远比那些为...

Jordan Peterson未来计划制定框架 [排排] 2018-02-12 18:50:53 这是根据JP的Future

Authoring

Program改写的。Program本身很长，我们只是把核心部分整理出来了。有兴趣的同学可以去 [<https://selfauthoring.com/future-authoring.html>] 做全套。

重要提示：这场训练最重要的是...

作者/ Nathan J. Robinson 翻译/Thomas Q, Zehao Pan, Yansong Xue

本文共一万八千字，曾获美国著名语言学家、哲学家诺姆·乔姆斯基亲自推荐（见文末）；翻译不易，欢迎打赏，感激不尽

如果你想看起来非常深刻、让别人相信他们应该认真对待你，但又说不出什么有价值的话，那么...

上

我家小区的后身，是一条河道。河水的味道向来不是太好。沿河是一条输电线路，高高的铁塔和电线对于房地产而言是负面的存在。它很煞风景，也影响房价，尤其对于窗户朝向它的那一面住宅。每当人们眺望那一方天空的远景，暗银色的铁塔倒也不难接受，但平行的黑线像是给蓝天打上...

我都忘了是什么时候起变得特别讨厌心灵鸡汤。有时宁愿去听一些毒鸡汤，用那种反讽的态度去消解对这个世界的无力感，也不愿去听一些所谓的正能量。有一种情况除外，刚开始举铁那阵子，每周都会去youtube上下载一些motivational speech，都是些无脑但澎湃的言辞，配着激昂的背景...

文/诺曼·道伊奇 《重塑大脑，重塑人生》作者 我们真的需要更多的规则吗？

生活已经这么复杂，这么不自由了，真的还要用更多不考虑个人具体情况的抽象规则来约束每个人吗？人的大脑是可塑的，会基于不同的生活经验得到不同的发展，所以为什么要指望用几条规则来帮助所有人呢...

豆瓣评分8.0，确实是有参考价值的。

我对一本书好不好有自己的一个标准，就是自己记录的note多不多，这本书记录了三十多条，算是比较多了。证明有很多对自己有用的干货需要记录，需要重新手打一次来重温。里面提到的十二个法则，谈得十分具体，有学术性研究报告的意味，作者是...

[译者说明]

乔丹·彼得森，今天的青年导师，在自己的青年时代是如何探索生活意义的？彼得森在《意义的地图》（Maps of Meaning）序言《向地狱沉降》中，讲述了这一切是如何开始的。

《地图》是乔丹·彼得森历时15年完成的著作，也是《人生十二法则》问世之前，皮德森出版的唯一...

通过作者（Jordan Peterson）

在社交媒体上大火的那些与不同意见者辩论的视频，可以看出他是自己所奉行法则的坚定执行者，同时也不得不感叹在纷扰的社会环境中，坚守这些法则真是不易。

虽然我对作者观点也不是全部认同，但有一条法则是看这本书以及一切书的前提

“Assume that ...

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