

12 Rules for life

An antidote to chaos

12 RULES FOR LIFE

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.

FOREWORD

About the Author Peterson, why Peterson is popular?

1. Why Peterson is popular?
 1. He is not an “eccentric”
 2. He has sufficient conventional chops
 3. He is knowledgeable
 4. He is a gentleman though he did say damn and bloody a lot.
 5. He was in fact addressing questions of concern to everyone at the table.
 6. He is a person so learned yet speaking in an unedited way

OVERTURE

Why we like people who live by the same code?

2. Why we like people who live by the same code?
 1. They are rendered mutually predictable to one another.
 2. They act in keeping with each other's expectations and desires
 3. They can cooperate
 4. They can even compete peacefully, why?
 1. Because everyone knows what to expect from everyone else
 5. A shared belief system
 6. Know how to maintain this same code system.
 7. Shared culture system
 8. Have some goal, that is something positive valued.

OVERTURE

How to avoid conflict?

3. How to avoid conflict?

1. Individual need elevation and self development
2. Willingness of everyone to shoulder the burden of being and to take the heroic path
3. Take responsibility for individual life.
4. Tell the truth
5. Repair what is in disrepair
6. Break down and recreate what is old and outdated.

OVERTURE

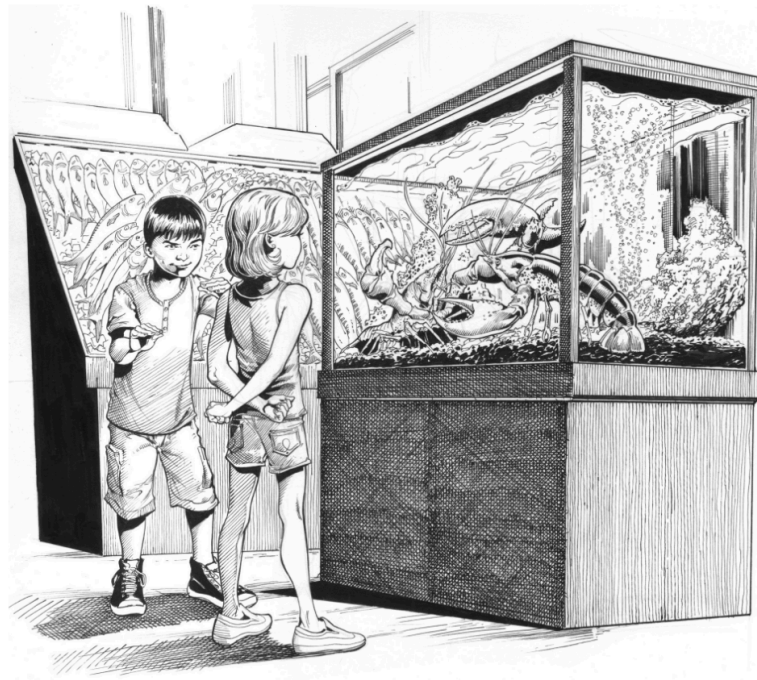
How to live properly?

4. How to live properly?

1. We can tolerate the weight of our own self-consciousness.
2. We could withstand the knowledge of our own fragility and mortality
3. Have no sense of aggrieved victimhood
 1. What is F sense of aggrieved victimhood?
 1. Resentment
 2. Envy
 3. Desire for vengeance
 4. Desire for destruction
4. We wouldn't have to turn to totalitarian certainty to shield ourselves from the knowledge of our own insufficiency and ignorance.
5. Be the heroism of genuine being
6. Willingness to take on responsibility is identical to the decision to live a meaningful life.
7. If we can do all above, we will collectively flourish

RULE 1

STAND UP STRAIGHT WITH YOUR SHOULDER BACK



If your posture is poor, if you slump, shoulders forward and rounded and ineffectual - then you will feel small, defeated and ineffectual.

The reactions of others will amplify that. If you present yourself as defeated, then people will react to you as if you are losing.

If you start to straighten up, then people will look at and treat you differently.

RULE 1

What is Matthew principle?

5. What is Matthew principle?

1. To those who have everything, more will be given; from those who have nothing, everything will be taken.
2. Winner-take-all
 1. Price's law:
 1. Those who start to have will probably get more.

RULE 1

The famous yin and yang symbols of the Taoist

6. What yin and yang symbols look like?
 1. The Taoist symbol is a circle enclosing twin serpents, head to tail. The black serpent, chaos, has a white dot in its head. The white serpent, order, has a black dot in its head.
7. Why yin and yang symbols of the Taoist perfectly explains the nature?
 1. It's static and dynamic at the same time.
 2. It's composed of two opposing principles, as female and male, or chaos and order.
 3. Chaos and order are interchangeable.
 4. Every revolution produces a new order.

RULE 1

What's the top foundation of your brain?

8. what's the top foundations of your brain?
 1. Strong, both mentally and physically.
 2. Symmetrical
 3. Creative
 4. Reliable
 5. Honest
 6. Generous
 7. Maintain and improve your position

RULE 1

How to maintain an accuracy counter?

9. How to maintain an accuracy counter?

1. Predictable daily routines
2. Properly cyclical circadian rhythms
3. Fat and protein-heavy breakfast with no sugars
4. Sleep on a predictable schedule
5. Please jump out to positive feedback loop of a bad habit
 1. Drug
 2. Alcohol
 3. Agoraphobia
 1. Too dependent on other people, become independent and strong be yourself.
 4. Bully

RULE 1

Bully, How bully happened

10. How bully happened?

1. Because you are not fight back

1. Why you are not fight back?

1. maybe because of rough stabilization and matching of physical size.

2. May be you are self-sacrificing

3. May be you are high in negative emotion

4. May be you are acute sensitivity to petty tyranny

5. May be you are over-aggressive competitiveness restrict within yourselves

1. Why? Your father is excessively angry and controlling.

2. Hyper-sheltered family, where nothing terrible is allowed to exist, and everything is fairyland wonderful.

6. With your strait-jacketed within a too-narrow morality, those who are only or merely compassionate and self-sacrificing cannot call forth the genuinely righteous and appropriately self-protective anger necessary to defend themselves.

2. You refuse to muster appropriately self-protective territorial responses.

RULE 1

Say no to Bully , why you must fight back?

11.Why you must fight back!!!!!!

1. People will assign you a lower status
2. You need to stand up for your own rights
3. Circumstances change, and so can you
4. Those who start to have will probably get more.
5. Be a positive emotion.
6. Stand up both physically and in spirit.

RULE 1

What it means to stand up straight with your shoulders back?

12. What the meaning of stand up straight with your shoulders back?

1. Stand up means accept the burden of being.
2. Respond to challenge instead of bracing for catastrophe
3. See the gold the dragon hoard, instead of shrinking in terror from the all-too-real fact of dragon.
4. Step forward to take your place in manifesting your willingness to defend, expand and transform it.
5. Physical or conceptual restructuring
6. Accept the terrible responsibility of life, with eyes wide open.
7. Adopting the burden of self-conscious vulnerability, and accepting the end of unconscious paradise of childhood, where finitude and mortality are only dimly comprehend.
8. Willingly undertaking the sacrifices necessary to generate a productive and meaningful reality
9. Attend carefully to your posture, quit dropping and hunching around
10. Speak your mind.
11. Put your desire forward
12. Dare to dangerous
13. Encourage the serotonin to flow plentifully for its calling influence.
14. Emboldened by the positive response.
15. Pay attention to the subtle social clues that people exchange when they are communicating.
16. Embrace being, and work for improvement