

# A Personal Journey to Philosophy

Nguyễn Quân Bá Hồng

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# Contents

1	Jordan B. Peterson. <i>12 Rules for Life: An Antidote to Chaos</i>	4
2	Miscellaneous	18
2.1	Young, Dumb, & Broke . . . . .	18
2.2	Existential Crisis . . . . .	18
2.3	Meaning of Life? . . . . .	18
2.4	Art of Balancing in Life? . . . . .	18
	Bibliography	20

# Foreword

A *personal* journey to philosophy – the hardest subject I have ever faced to & fought against. A collection of quotes from different resources, e.g., philosophical books, websites, forums, and Facebook philosophical pages, etc., and some *personal* (again) thoughts about them.

# Basic Terminologies

- **philosophy** [n] **1.** [uncountable] the study of the nature & meaning of the universe & of human life; **natural philosophy** is an old term for the study of the physical world, which developed into the natural sciences; **2.** [countable] a particular set or system of beliefs resulting from the search for knowledge about life & the universe; **3.** [countable] a set of beliefs or an attitude to life that guides somebody's behavior.

# Chapter 1

## Jordan B. Peterson. *12 Rules for Life: An Antidote to Chaos*

### Introduction

“*12 Rules for Life: An Antidote<sup>1</sup> to Chaos<sup>2</sup>* is a 2018 self-help book by the Canadian clinical<sup>3</sup> psychologist<sup>4</sup> Jordan Peterson. It provides life advice through essays in abstract ethical<sup>5</sup> principles, psychology, mythology<sup>6</sup>, religion<sup>7</sup>, & personal anecdotes<sup>8</sup>.”[...] “The book is written in a more accessible style than his previous academic book, *Maps of Meaning: The Architecture of Belief* (1999). A sequel, *Beyond Order: 12 More Rules for Life*, was published in Mar 2021.” – Wikipedia/12 Rules for Life

### Overview

**Background.** “Peterson’s interest in writing the book grew out of a personal hobby of answering questions posted on Quora; 1 such question being

**Question 1.1.** “What are the most valuable things everyone should know?”,

to which his answer comprised 42 rules. The early vision & promotion of the book aimed to include all rules, with the title “42”. Peterson stated that it “isn’t only written for other people. It’s warning to me.” – Wikipedia/12 Rules for Life/overview/background

**12 Rules.** “The book is divided into chapters with each title representing 1 of the following 12 specific rules for life as explained through an essay.

1. “Stand up straight with your shoulders back.”
2. “Treat yourself like you are someone you are responsible for helping.”
3. “Make friends with people who want the best for you.”
4. “Compare yourself to who you were yesterday, not to who someone else is today.”
5. “Do not let your children do anything that makes you dislike them.”

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<sup>1</sup>**antidote** [n] **1. antidote (to something)** a substance that controls the effects of a poison or disease; **2. antidote (to something)** anything that takes away the effects of something unpleasant.

<sup>2</sup>**chaos** [n] [uncountable] a state of complete confusion & lack of order; in physics, **chaos** is the property of a complex system whose behavior is so unpredictable that it appears random, especially because small changes in conditions can have very large effects; **chaos theory** is the branch of mathematics that deals with these complex systems.

<sup>3</sup>**clinical** [a] [only before noun] connected with the examination & treatment of patients & their illnesses.

<sup>4</sup>**psychologist** [n] a scientist who studies psychology.

<sup>5</sup>**ethical** [a] **1.** connected with beliefs & principles about what is right & wrong; **2.** morally correct or acceptable.

<sup>6</sup>**mythology** [n] [uncountable, countable] **1.** ancient myths in general; the ancient myths of a particular culture, society, etc.; **2. mythology (of something)** ideas that many people think are true but are in fact false.

<sup>7</sup>**religion** [n] **1.** [uncountable] the belief in the existence of a god or gods, & the activities that are connected with the worship of them; **2.** [countable] 1 of the systems of belief that are based on the belief in the existence of a particular god or gods.

<sup>8</sup>**anecdote** [n] [countable, uncountable] **1. anecdote (about somebody/something)** a short, interesting or funny story about a real person or event; **2.** a personal account of an event, especially one that is considered as possibly not true or accurate.

6. “Set your house in perfect order before you criticize the world.”
7. “Pursue what is meaningful (not what is expedient<sup>9</sup>).”
8. “Tell the truth – or, at least, don’t lie.”
9. “Assume that the person you are listening to might know something you don’t.”
10. “Be precise in your speech.”
11. “Do not bother children when they are skate-boarding.”
12. “Pet a cat when you encounter<sup>10</sup> one on the street.” – [Wikipedia/12 Rules for Life/overview/content](#)

**Content.** “The book’s central idea is that “suffering is built into the structure of **being**” & although it can be unbearable<sup>11</sup>, people have a choice either to withdraw<sup>12</sup>, which is a “suicidal<sup>13</sup> gesture<sup>14</sup>”, or to face & transcend<sup>15</sup> it. Living in a world of chaos & order, everyone has “darkness” that can “turn them into the monsters they’re capable of being” to satisfy their dark impulses<sup>16</sup> in the right situations. Scientific experiments like the **Invisible Gorilla Test** show that perception<sup>17</sup> is adjusted to aims, & it is better to seek **meaning** rather than happiness. Peterson notes:

“It’s all very well to think the meaning of life is happiness, but what happens when you’re unhappy? Happiness is a great side effect. When it comes, accept it gratefully<sup>18</sup>. But it’s fleeting<sup>19</sup> & unpredictable<sup>20</sup>. It’s not something to aim at – because it’s not an aim. & if happiness is the purpose of life, what happens when you’re unhappy? Then you’re a failure.”

The book advances the idea that people are born with an instinct<sup>21</sup> for ethics & meaning, & should take responsibility<sup>22</sup> to search for meaning above their own interests (Rule 7, “Pursue what is meaningful, not what is expedient”). Such thinking is reflected both in contemporary<sup>23</sup> stories e.g. **Pinocchio**, **The Lion King**, & **Harry Potter**, & in ancient stories from the **Bible**. To “stand up straight with your shoulders back” (Rule 1) is to “accept the terrible responsibility of life”, to make self-sacrifice<sup>24</sup>, because the individual must rise above victimization<sup>25</sup> & “conduct his or her life in a manner that requires the

<sup>9</sup>**expedient** [n] an action that is useful or necessary for a particular purpose, but not always fair or right.

<sup>10</sup>**encounter** [v] **1. encounter something** to experience something, especially something unpleasant or difficult, while you are trying to do something else, SYNONYM: **run into something**; **2. encounter something/somebody** to discover or experience something, or meet somebody, especially something/somebody new, unusual or unexpected, SYNONYM: **come across somebody/something**; [n] a meeting, especially one that is sudden or unexpected.

<sup>11</sup>**unbearable** [a] too painful, annoying or unpleasant to deal with or accept, SYNONYM: **intolerable**, OPPOSITE: **bearable**.

<sup>12</sup>**withdraw** [v] **1.** [transitive, intransitive] (used especially about armed forces) to make people leave a place; to leave a place; **2.** [intransitive] **withdraw (to something)** to leave a room; to go away from other people; **3.** [transitive] to move something back, out or away from something; **4.** [transitive] to take money out of a bank account or financial institution; **5.** [intransitive] to stop taking part in something; **6.** [intransitive] to stop wanting to speak to, or be with, other people; **7.** [transitive] to no longer provide or offer something; to no longer make something available; **8.** [transitive] **withdraw something** to say that you no longer agree with what you said before.

<sup>13</sup>**suicidal** [a] (of people) very unhappy or depressed & feeling that they want to kill themselves; (of behavior) showing this.

<sup>14</sup>**gesture** [n] **1.** [countable, uncountable] **gesture (of something)** something that you do or say to show a particular feeling or intention; **2.** [countable, uncountable] a movement that you make with your hands, your head or your face to show a particular meaning.

<sup>15</sup>**transcend** [v] **transcend something** to be or go beyond the usual limits of something.

<sup>17</sup>**perception** [n] **1.** [uncountable, countable] an idea, a belief or an image you have as a result of how you see or understand something; **2.** [uncountable] the way you notice things or the ability to notice things with the senses; in biology, **perception** refers to the processes in the nervous system by which a living thing becomes aware of events & things outside itself; **3.** [uncountable] the ability to understand the true nature of something, SYNONYM: **insight**.

<sup>18</sup>**grateful** [a] **1.** feeling or showing thanks because somebody has done something kind for you or has done as you asked; **2.** used to make a request, especially in a letter or in a formal situation.

<sup>19</sup>**fleeting** [a] [usually before noun] lasting only a short time, SYNONYM: **brief**.

<sup>20</sup>**unpredictable** [a] that cannot be predicted because it changes a lot or depends on too many different things, OPPOSITE: **predictable**.

<sup>22</sup>**responsibility** [n] **1.** [uncountable, countable] a duty to deal with or take care of somebody/something, so that you may be blamed if something goes wrong; **2.** [uncountable] **responsibility (for something)** blame for something bad that has happened; **3.** [countable, uncountable] a moral duty to behave well with regard to somebody/something.

<sup>23</sup>**contemporary** [a] **1.** belonging to the present time, SYNONYM: **modern**; **2.** (especially of people & society) belonging to the same time as somebody/something else; [n] a person or thing living or existing at the same time as somebody/something else, especially somebody who is about the same age as somebody else.

<sup>24</sup>**self-sacrifice** [n] [uncountable] (*approving*) the act of not allowing yourself to have or do something in order to help other people.

<sup>25</sup>**victimize** [v] [often passive] **victimize somebody** to make somebody suffer unfairly because you do not like them, their opinions or something that they have done.

rejection<sup>26</sup> of immediate gratification<sup>27</sup>, of natural & perverse<sup>28</sup> desires alike.” The comparison to **neurological**<sup>29</sup> structures & behavior of **lobsters** is used as a natural example to the formation<sup>30</sup> of **social hierarchies**<sup>31</sup>.

The other parts of the work explore & criticize the state of young men; the upbringing<sup>32</sup> that ignores **sex differences** between boys & girls (criticism of **over-protection** & **tabula rasa** model in **social sciences**); male-female **interpersonal relationships**; **school shootings**; religion & moral **nihilism**<sup>33</sup>; **relativism**<sup>34</sup>; & lack of respect for the values that built **Western society**.

In the last chapter, Peterson outlines the ways in which one can cope with the most tragic<sup>35</sup> events, events that are often out of one's control. In it, he describes his own personal struggle upon discovering that his daughter, Mikhaila, had a rare bone disease. The chapter is a meditation<sup>36</sup> on how to maintain<sup>37</sup> a watchful<sup>38</sup> eye on, and cherish<sup>39</sup>, life's small redeemable<sup>40</sup> qualities (i.e., “pet a cat when you encounter one”). It also outlines a practical way to deal with hardship<sup>41</sup>: to shorten one's temporal<sup>42</sup> scope of responsibility (e.g., focusing on the next minute rather than the next 3 months).

Canadian psychiatrist and psychoanalyst **Norman Doidge** wrote Peterson, 2018's foreword.” – [Wikipedia/12 Rules for Life/overview/content](#)

“The most influential public intellectual<sup>43</sup> in the Western world right now.” – New York Times

## Foreword

“Rules? More rules? Really? Isn't life complicated<sup>44</sup> enough, restricting enough, without abstract rules that don't take our unique, individual situations into account? & given that our brains are plastic<sup>45</sup>, & all develop differently based on our life experiences, why even expect that a few rules might be helpful to us all?

People don't clamor<sup>46</sup> for rules, even in the Bible ... as when Moses comes down the mountain, after a long absence<sup>47</sup>,

<sup>26</sup>**rejection** [n] [uncountable, countable] **1.** the act of refusing to accept or consider something; **2.** the act of refusing to accept somebody for a job or position; **3.** the decision not to use, sell, publish, etc. something because its quality is not good enough; **4.** **rejection (of something)** an occasion when somebody's body does not accept a new organ after a transplant operation, by producing substances that attack the organ; **5.** the act of failing to give a person or an animal enough care or affection.

<sup>27</sup>**gratification** [n] [uncountable, countable] (*formal*) the state of feeling pleasure when something goes well for you or when your desires are satisfied; something that gives you pleasure, SYNONYM: **satisfaction**.

<sup>28</sup>**perverse** [a] showing a deliberate & determined desire to behave in a way that most people think is wrong, unacceptable or unreasonable.

<sup>29</sup>**neurological** [a] relating to nerves or to the science of neurology.

<sup>30</sup>**formation** [n] **1.** [uncountable] the action of forming something; the process of being formed; **2.** [countable] a thing that has been formed, especially in a particular place or in a particular way; **3.** [countable, uncountable] a particular arrangement or pattern of people or things.

<sup>31</sup>**hierarchy** [n] **1.** [countable, uncountable] a system, especially in a society or an organization, in which people are organized into different levels of importance from highest to lowest; **2.** [countable] a system that ideas or beliefs can be arranged into.

<sup>32</sup>**upbringing** [n] [singular, uncountable] the way in which a child is cared for & taught how to behave while it is growing up.

<sup>33</sup>**nihilism** [n] [uncountable] (*philosophy*) the belief that life has no meaning or purpose & that religious & moral principles have no value.

<sup>34</sup>**relativism** [n] [uncountable] the belief that truth is not always & generally valid, but can be judged only in relation to other things, e.g. your personal situation.

<sup>35</sup>**tragic** [a] **1.** making you feel very sad, usually because somebody has died or suffered a lot; **2.** [usually before noun] connected with tragedy (= the style of literature).

<sup>36</sup>**meditation** [n] **1.** [uncountable] the practice of thinking deeply, usually in silence, especially for religious reasons or in order to make your mind calm; **2.** [countable, usually plural] **meditation (on something)** serious thoughts on a particular subject that somebody writes down or speaks.

<sup>37</sup>**maintain** [v] **1. maintain something** to cause or enable a condition or situation to continue, SYNONYM: **preserve**; **2. maintain something** to keep something at the same level or rate; **3.** to state strongly that something is true, even when some other people may not believe it; **4. maintain somebody/something** to support somebody/something over a long period of time by providing money, paying for food, etc.; **5. maintain something** to keep a building, machine, etc. in good condition by checking or repairing it regularly; **6. maintain a record** to write something down as a record & keep adding the most recent information, SYNONYM: **keep**.

<sup>38</sup>**watchful** [a] paying attention to what is happening in case of danger, accidents, etc.

<sup>39</sup>**cherish** [v] (*formal*) **1. cherish somebody/something** to love somebody/something very much & want to protect them or it; **2. cherish something** to keep an idea, a hope or a pleasant feeling in your mind for a long time.

<sup>40</sup>**redeemable** [a] **redeemable (against something)** that can be exchanged for money or goods.

<sup>41</sup>**hardship** [n] [uncountable, countable] a situation that is difficult & unpleasant because you do not have enough money, food, clothes, etc.

<sup>42</sup>**temporal** [a] **1.** connected with or limited by time; **2.** connected with the real physical world, not spiritual matters; **3.** (*anatomy*) near the temples at the side of the head.

<sup>43</sup>**intellectual** [a] [usually before noun] connected with or using a person's ability to think in a logical way & understand things, SYNONYM: **mental**; [n] a person who is well educated & enjoys activities in which they have to think seriously about things.

<sup>44</sup>**complicated** [a] **1.** made of many different things or parts that are connected; difficult to understand, SYNONYM: **complex**, OPPOSITE: **uncomplicated**; **2.** (of a medical condition) involving complications, OPPOSITE: **uncomplicated**.

<sup>45</sup>**plastic** [n] **1.** [uncountable, countable, usually plural] a light strong material that is produced by chemical processes & can be formed into shapes when heated. There are many different types of plastic, used to make different objects & fabrics; **2. (plastics)** [uncountable] the science of making plastics; [a] **1.** made of plastic; **2.** (of a material or substance) easily formed into different shapes; **3. (biology)** (of a living thing) able to adapt to change or variety in the environment.

<sup>46</sup>**clamor** [v] **1.** [intransitive, transitive] (*formal*) to demand something loudly; **2.** [intransitive] (of many people) to shout loudly, especially in a confused way; [n] (*formal*) **1.** [singular] a loud noise, especially on that is made by a lot of people or animals; **2.** [uncountable, countable] **clamor (for something)** a demand for something made by a lot of people.

<sup>47</sup>**absence** [n] **1.** [uncountable] the fact of somebody/something not existing or not being available, SYNONYM: **lack**, OPPOSITE: **presence**; **2.** [uncountable, countable] the fact of somebody being away from a place where they are usually expected to be; the occasion or period of time when somebody is away.

bearing the tablets<sup>48</sup> inscribed<sup>49</sup> with 10 commandments<sup>50</sup>, & finds the Children of Israel in revelry<sup>51</sup>. They'd been Pharaoh's slaves & subject to his tyrannical<sup>52</sup> regulations<sup>53</sup> for 400 years, & after that Moses subjected them to the harsh<sup>54</sup> desert<sup>55</sup> wilderness<sup>56</sup> for another 40 years, to purify<sup>57</sup> them of their slavishness. Now, free at last, they are unbridled<sup>58</sup>, & have lost all control as they dance wildly around an idol, a golden calf<sup>59</sup>, displaying all manner of corporeal<sup>60</sup> corruption<sup>61</sup>.

"I've got some good news ... & I've got some bad news," the lawgiver yells to them. "Which do you want 1st?"

"The good news!" the hedonists<sup>62</sup> reply.

"I got Him from 15 commandments down to 10!"

"Hallelujah!" cries the unruly<sup>63</sup> crowd. "& the bad?"

"Adultery<sup>64</sup> is still in."

So rules there will be – but, please, not too many. We are ambivalent<sup>65</sup> about rules, even when we know they are good for us. If we are spirited souls, if we have character, rules seem restrictive, an affront<sup>66</sup> to our sense of agency<sup>67</sup> & our pride in working out our own lives. Why should we be judged according to another's rule?

& judged we are. After all, God didn't give Moses "The Ten Suggestions," he gave Commandments; & if I'm a free agent, my 1st reaction to a command might just be that nobody, not even God, tells me what to do, even if it's good for me. But the story of the golden calf also reminds us that without rules we quickly becomes slaves to our passions – & there's nothing freeing about that.

& the story suggests something more: unchaperoned<sup>68</sup>, & left to our own untutored<sup>69</sup> judgment, we are quick to aim low & worship qualities that are beneath<sup>70</sup> us – in this case, an artificial<sup>71</sup> animal that brings out our own animal instincts<sup>72</sup> in a completely unregulated<sup>73</sup> way. The old Hebrew story makes it clear how the ancients felt about our prospects<sup>74</sup> for

<sup>48</sup>**tablet** [n] **1.** (*especially British English*) a small round solid piece of medicine that you swallow, SYNONYM: **pill**; **2.** a flat piece of stone, etc. with words or symbols on it; **3.** (also **tablet computer**) (*trademark* in the UK) a small, light, flat computer that can be used without a keyboard or mouse, by touching the screen.

<sup>49</sup>**inscribe** [v] **1.** [often passive] to write or cut words, your name, etc. onto something; **2.** [often passive] **inscribe something + adv./prep.** to make something present in, on, etc. something.

<sup>50</sup>**commandment** [n] a law given by God, especially any of **the Ten Commandments** given to the Jews in the Bible.

<sup>51</sup>**revelry** [n] [uncountable] noisy fun, usually involving a lot of eating & drinking, SYNONYM: **festivity**, **merrymaking**.

<sup>52</sup>**tyrannical** [a] using power or authority over people in an unfair & cruel way.

<sup>53</sup>**regulation** [n] **1.** [countable, usually plural] an official rule made by a government or some other authority; **2.** [uncountable] the act of controlling something by means of rules; **3.** [uncountable] the act of controlling how a machine or system operates or how something behaves.

<sup>54</sup>**harsh** [a] **1.** very strict; **2.** (of weather or living conditions) very difficult & unpleasant to live in.

<sup>55</sup>**desert** [n] [uncountable, countable] a large area of land that has very little water & very few plants growing on it. Many desert areas are covered by sand; [v] **1.** [transitive, often passive] **desert somebody** to leave somebody without help or support, SYNONYM: **abandon**; **2.** [transitive, often passive] **desert something** to go away from a place & leave it empty, SYNONYM: **abandon**; **3.** [intransitive, transitive] **desert (something)** to leave the armed forces without permission; **4.** [transitive] **desert (something) 9for something** to stop using, buying or supporting something.

<sup>56</sup>**wilderness** [n] [usually singular] a large area of land that has never been developed or used for growing crops because it is difficult to live there.

<sup>57</sup>**purify** [v] **1.** **purify something** to make something pure by removing anything that is bad, unpleasant or not wanted; **2.** [often passive] (*specialist*) to separate a pure form of a substance from a mixture that contains it; to remove the impurities from a substance; **3.** **purify somebody/yourself** to make somebody/yourself pure by removing evil, especially in a ceremony.

<sup>58</sup>**unbridled** [a] [usually before noun] (*literary*) lacking control & therefore extreme.

<sup>59</sup>**calf** [n] **1.** [countable] the back part of the leg between the ankle & the knee; **2.** [countable] a young cow; **3.** [countable] a young animal of some other type such as a young elephant or whale; **4.** [countable] (also **calfskin**) soft thin leather made from the skin of calves, used especially for making shoes & clothing.

<sup>60</sup>**corporeal** [a] (*formal*) **1.** that can be touched; physical rather than spiritual; **2.** of or for the body.

<sup>61</sup>**corruption** [n] **1.** [uncountable] dishonest or illegal behavior, especially of people in authority; **2.** [uncountable] **corruption (of something)** the act or effect of making somebody change from moral to immoral standards of behavior; **3.** [countable, usually singular] **corruption of something** the form of a word or phrase that has become changed from its original form in some way; **4.** [uncountable] (*computing*) the process by which mistakes are introduced into a computer file, etc. with the result that the data in it is no longer correct.

<sup>62</sup>**hedonist** [n] a person who believes that pleasure is the most important thing in life.

<sup>63</sup>**unruly** [a] difficult to control or manage, SYNONYM: **disorderly**.

<sup>64</sup>**adultery** [n] [uncountable] sex between a married person & somebody who is not their husband or wife.

<sup>65</sup>**ambivalent** [a] having or showing both good & bad feelings about somebody/something.

<sup>66</sup>**affront** [n] [usually singular] **affront (to somebody/something)** a remark or an action that offends somebody/something, SYNONYM: **insult**; [v] [usually passive] (*formal*) to say or do something that offends somebody, SYNONYM: **insult**.

<sup>67</sup>**agency** [n] **1.** [countable] a business or an organization that provides a particular service especially on behalf of other businesses or organizations; **2.** [countable] (*especially North American English*) a government department that provides a particular service; **3.** [uncountable, countable] a person or thing that acts to produce a particular result; action that produces a particular result.

<sup>68</sup>**unchaperoned** [a] unaccompanied or unsupervised.

<sup>69</sup>**untutored** [a] (*formal*) not having been formally taught about something.

<sup>70</sup>**beneath** [prep] **1.** in or to a lower position than somebody/something; under somebody/something; **2.** behind an appearance or feeling; **3.** not good enough for somebody; [adv] **1.** in or to a lower position; **2.** hidden behind an appearance or feeling.

<sup>71</sup>**artificial** [a] **1.** made or produced by humans to copy something natural, rather than occurring naturally; **2.** created by people; not happening naturally.

<sup>72</sup>**instinct** [n] [uncountable, countable] a natural tendency for people & animals to behave in a particular way, using the knowledge & abilities that they were born with rather than thought or training.

<sup>73</sup>**unregulated** [a] not controlled by laws or official rules.

<sup>74</sup>**prospect** [n] **1.** [uncountable, singular] the possibility that something will happen; **2.** [singular] an idea of what might or will happen in the future; **3.** (**prospects**) [plural] the chances of being successful.



civilized<sup>75</sup> behavior in the absence of rules that seek to elevate<sup>76</sup> our gaze<sup>77</sup> & raise our standards.

1 neat<sup>78</sup> thing about the Bible story is that it doesn't simply list its rules, as lawyers or legislators<sup>79</sup> or administrators<sup>80</sup> might; it embeds<sup>81</sup> them in a dramatic<sup>82</sup> tale<sup>83</sup> that illustrates why we need them, thereby making them easier to understand. Similarly, in this book Prof. Peterson doesn't just propose<sup>84</sup> his 12 rules, he tells stories, too, bringing to bear<sup>85</sup> his knowledge of many fields as he illustrates & explains why the best rules do not ultimately<sup>86</sup> restrict us but instead facilitate<sup>87</sup> our goals & make for fuller, freer lives.

The 1st time I [Norman Doidge] met Jordan Peterson was on Sep 12, 2004, at the home of 2 mutual friends, TV producer Wodek Szemberg & medical internist<sup>88</sup> Estera Bekier. It was Wodek's birthday party. Wodek & Estera are Polish émigrés who grew up within the Soviet empire<sup>89</sup>, where it was understood that many topics were off limits, & that casually<sup>90</sup> questioning certain social arrangements & philosophical ideas (not to mention the regime<sup>91</sup> itself) could mean big trouble.

But now, host<sup>92</sup> & hostess<sup>93</sup> luxuriated<sup>94</sup> in easygoing<sup>95</sup>, honest<sup>96</sup> talk, by having elegant<sup>97</sup> parties devoted to the

<sup>75</sup>**civilized** [a] **1.** well-organized socially with a very developed culture & way of life; **2.** having laws & customs that are fair & morally acceptable.

<sup>76</sup>**elevate** [v] **1. elevate something** (*specialist*) to make the level of something increase; **2. elevate something** *specialist* to lift something up or put something in a higher position; **3. elevate somebody/something (to/into something)** to give somebody/something a higher position or rank; **4. elevate something** to improve a person's mood, so that they feel happy.

<sup>77</sup>**gaze** [n] [usually singular] a long steady look at somebody/something; [v] [intransitive] + **adv./prep.** to look steadily at somebody/something for a long time, either because you are very interested or surprised, or because you are thinking or something else.

<sup>78</sup>**neat** [a] **1.** in good order; carefully done or arranged; **2.** simple but clever; **3.** containing or made out of just 1 substance; not mixed with anything else.

<sup>79</sup>**legislator** [n] a member of a group of people that has the power or make laws.

<sup>80</sup>**administrator** [n] **1.** a person whose job is to organize the work of a business, school or other organization; **2.** (*British English, law*) a person officially chosen to manage the financial affairs of a business that cannot pay its debts.

<sup>81</sup>**embed** [v] [usually passive] **1.** to make something a fixed & important part of something else, that is difficult to change or remove; **2. embed something (in something)** to fix something firmly into a substance or solid object; **3. embed something (in something)** to make images, sound, software, etc. part of a computer program; **4. embed something** (*linguistics*) to place a sentence inside another sentence.

<sup>82</sup>**dramatic** [a] **1.** (of a change or an event) sudden, very great & often surprising; **2.** exciting & impressive; **3.** [usually before noun] connected with the theater or plays.

<sup>83</sup>**tale** [n] **1.** a story created using the imagination, especially one that is full of action & adventure; **2.** an exciting spoken description of an event, which may not be completely true.

<sup>84</sup>**propose** [v] **1.** to suggest a plan or an idea for people to consider & decide on; **2.** to suggest an explanation of something for people to consider.

<sup>85</sup>**bear** [v] **1. bear something** to have something as a characteristic or feature; to be connected with something; **2. bear something** to have a particular mark, word or symbol that can be seen; **3. bear something** to have a particular name; **4. bear something** to take responsibility for something difficult; to be affected by or deal with something unpleasant. If somebody **cannot bear** something, they feel unable to deal with it or accept it: *Her jealous husband could not bear the possibility of his wife talking to another man.* The short form 'can't/couldn't bear' is not suitable in academic writing, unless you are quoting.; **5.** to have a feeling, especially a negative feeling; **6. bear (doing) something** to be suitable for something; to be worth doing. If something **does not bear close inspection**, it will be found to be unacceptable when carefully examined: *This claim does not bear close inspection.* If something **does not bear comparison** with something else, it is not nearly as good: *Her later work does not bear comparison with her earlier novels.*; **7. bear somebody/something (formal)** to carry or hold somebody/something; **8. (formal)** to give birth to a child; **9. bear something (formal)** to produce flowers or fruit.

<sup>86</sup>**ultimately** [adv] **1.** in the end, finally; **2.** at the most basic & important level, SYNONYM: **basically, essentially.**

<sup>87</sup>**facilitate** [v] **facilitate something** to make an action or a process possible or easier.

<sup>88</sup>**internist** [n] (*North American English*) a doctor who is a specialist in the treatment of diseases of the organs inside the body & who does not usually do medical operations.

<sup>89</sup>**empire** [n] **1.** a group of countries or states that are controlled by 1 ruler or government; **2.** a group of commercial organizations controlled by 1 person or company.

<sup>90</sup>**casual** [a] **1.** [usually before noun] without paying attention to detail; **2.** [usually before noun] not showing much care or thought; **3.** [usually before noun] (of a relationship) lasting only a short time & without deep affection; **4.** [usually before noun] (*British English*) (of work) not permanent; not regular; **5.** not formal; **6.** [only before noun] happening by chance; doing something by chance.

<sup>91</sup>**regime** [n] **1.** a government, especially one that has not been elected in a fair way; **2.** a method or system of organizing or managing something; **3.** the conditions under which a natural, scientific or industrial process occurs; **4. = regimen.**

**regimen** [n] (also **regime**) a course of medical treatment & sometimes changes to diet & behavior that somebody has to follow in order to recover from or control an illness.

<sup>92</sup>**host** [n] **1. (biology)** an animal or a plant on which another animal or plant lives & feeds; **2.** a country, a city or an organization that arranges & holds a special event; **3.** a country that provides homes & work for people who come from another country; **4.** a country where a company that is based in another country does business; **5. host of something** a large number of people or things; **6.** the main computer in a network that controls or supplies information to other computers that are connected to it; [v] **1. host something** to organize an event to which others are invited & make all the arrangements for them; **2. host something** to store a website on a computer connected to the Internet, usually in return for payment.

<sup>93</sup>**hostess** [n] **1.** a woman who invites guests to a meal, a party, etc.; a woman who has people staying at her home; **2.** a woman who is employed to welcome & entertain people at a nightclub; **3.** a woman who introduces & talks to guests on a television or radio show, SYNONYM: **compère**; **4. (North American English)** a woman who welcomes the customers in a restaurant.

<sup>94</sup>**luxuriate in** [phrasal verb] **luxuriate in something** to relax while enjoying something very pleasant.

<sup>95</sup>**easygoing** [a] relaxed & happy to accept things without worrying or getting angry.

<sup>96</sup>**honest** [a] **1.** always telling the truth, & never stealing or deceiving people, OPPOSITE: **dishonest**; **2.** not hiding the truth about something.

<sup>97</sup>**elegant** [a] **1.** (of people or their behavior) attractive & showing a good sense of style; **2.** (of clothes, places & things) attractive & designed well; **3.** (of a plan or an idea) clever but simple.

pleasure<sup>98</sup> of saying what you *really* thought & hearing others do the same, in an uninhibited<sup>99</sup> give-&-take. Here, the rule was “Speak your mind.” If the conversation turned to politics<sup>100</sup>, people of different political<sup>101</sup> persuasions<sup>102</sup> spoke to each other – indeed, looked forward to it – in a manner that is increasingly rare. Sometimes Wodek’s own opinions, or truths, exploded out of him, as did his laugh. Then he’d hug whoever had made him laugh or provoked<sup>103</sup> him to speak his mind with greater intensity<sup>104</sup> than even he might have intended. This was the best part of the parties, & this frankness<sup>105</sup>, & his warm embraces<sup>106</sup>, made it worth provoking him. Meanwhile, Estera’s voice lilted<sup>107</sup> across the room on a very precise path towards its intended listener. Truth explosions didn’t make the atmosphere any less easygoing for the company – they

made for more truth explosions! – liberating<sup>108</sup> us, & more laughs, & making the whole evening more pleasant, because with de-repressing<sup>109</sup> Eastern Europeans like the Szemberg-Bekiers, you always knew with what & with whom you were dealing, & that frankness was enlivening<sup>110</sup>. Honoré de Balzac, the novelist<sup>111</sup>, once described the balls & parties in his native France, observing that what appeared to be a single party was always really 2. In the 1st hours, the gathering was suffused<sup>112</sup> with bored people posing<sup>113</sup> & posturing<sup>114</sup>, & attendees who came to meet perhaps 1 special person who would confirm them in their beauty & status. Then, only in the very late hours, after most of the guests had left, would the 2nd party, the real party, begin. Here the conversation was shared by each person present, & open-hearted<sup>115</sup> laughter replaced the starchy<sup>116</sup> airs. At Estera & Wodek’s parties, this kind of wee-hours-of-the-morning disclosure<sup>117</sup> & intimacy<sup>118</sup> often began as soon as we entered the room.

Wodek is a silver-haired, lion-maned hunter, always on the lookout for potential public intellectuals, who knows how to

<sup>98</sup>**pleasure** [n] **1.** [uncountable] a state of feeling or being happy or satisfied; the activity of enjoying yourself, SYNONYM: **enjoyment**; **2.** [countable] a thing that makes you happy or satisfied.

<sup>99</sup>**uninhibited** [a] behaving or expressing yourself freely without worrying about what other people think, SYNONYM: **unrestrained**, OPPOSITE: **inhibited**.

<sup>100</sup>**politics** [n] **1.** [uncountable + singular or plural verb] the activities involved in getting & using power in public life, & being able to influence decisions that effect a country or society; **2.** [uncountable + singular or plural verb] the activities of governments concerning the political relations between states; **3.** [uncountable + singular or plural verb] matters concerned with getting or using power within a particular group of organization; **4.** [plural] a person’s political views or beliefs; **5.** [uncountable] = **political science**; **6.** [singular] **politics (of something)** a system of political beliefs; a state of political affairs; **7.** [singular, uncountable + singular or plural verb] **politics (of something)** the principles connected with a particular area of activity or interest, especially when concerned with power & status.

<sup>101</sup>**political** [a] **1.** connected with the state, government or public affairs; **2.** connected with the different groups working in politics, especially their policies & the competition between them; **3.** (of people) interested in or active in politics; **4.** concerned with the competition for power within an organization, rather than with matters of principle.

<sup>102</sup>**persuasion** [n] **1.** [uncountable] the act of persuading somebody to do something or to believe something; **2.** [countable, uncountable] a particular set of beliefs, especially about religion or politics.

<sup>103</sup>**provoke** [v] **1.** **provoke something** to cause a particular reaction or have a particular effect; **2.** to say or do something in order to produce a strong reaction from somebody, usually anger.

<sup>104</sup>**intensity** [n] **1.** [uncountable, singular] **intensity (of something)** the state or quality of being strong or intense; **2.** [uncountable, countable] the strength of something, e.g. light, that can be measured.

<sup>105</sup>**frank** [a] **1.** (**franker**, **frankest**) (**more frank** is also common) honest & direct in what you say, sometimes in a way that other people might not like; **2.** (*medical*) that cannot be confused with something else; obvious.

<sup>106</sup>**embrace** [v] **1.** **embrace something** to accept an idea, a proposal, a set of beliefs, etc., especially when it is done with enthusiasm; **2.** **embrace something** to include something; **3.** **embrace somebody** to put your arms around somebody as a sign of love or friendship; [n] [countable, uncountable].

<sup>107</sup>**lilt** [n] [singular] **1.** the pleasant way in which a person’s voice rises & falls; **2.** a regular rising & falling pattern in music, with a strong rhythm.

<sup>108</sup>**liberate** [v] **1.** to free a country or a person from the control of somebody/something else; **2.** **liberate somebody/something (from something)** to free somebody/something from something that limits their ability to do things or enjoy life; **3.** (*chemistry, physics*) to release gas, energy, etc. as a result of a chemical reaction or physical process.

<sup>109</sup>**repress** [v] **1.** **repress something** to try not to have or show an emotion, a thought, etc. In Freudian psychology, **repress** has a particular meaning, which is to stop yourself having particular thoughts or feelings so completely that they become or remain unconscious; **2.** [often passive] **repress somebody/something** to use political &/or military force to control a group of people & restrict their freedom, SYNONYM: **put something down**, **suppress**; **3.** **repress something (biology)** to prevent a gene from being expressed.

<sup>110</sup>**enliven** [v] (*formal*) **enliven something** to make something more interesting or more fun.

<sup>111</sup>**novelist** [n] a person who writes novels.

<sup>112</sup>**suffuse** [v] [often passive] (*literary*) **suffuse somebody/something (with something)** (especially of a color, light or feeling) to spread all over or through somebody/something.

<sup>113</sup>**pose** [v] **1.** [transitive] **pose something** to create a problem that has to be dealt with; **2.** [transitive] **pose something** to ask a question, especially one that needs serious thought, SYNONYM: **raise**; **3.** [intransitive] **pose as somebody/something** to pretend to be somebody/something that you are not; **4.** [intransitive] **pose (for somebody/something)** to sit or stand in a particular position in order to be painted, drawn or photographed.

<sup>114</sup>**posturing** [n] [uncountable, countable] (*disapproving*) behavior that is not natural or sincere but is intended to attract attention or to have a particular effect.

<sup>115</sup>**open-hearted** [a] kind & friendly.

<sup>116</sup>**starchy** [a] **1.** (of food) containing a lot of starch; **2.** (*informal, disapproving*) (of a person or their behavior) very formal; not friendly or relaxed.

<sup>117</sup>**disclosure** [n] **1.** [uncountable] **disclosure (of something) (to somebody)** the act of making something known or public that was previously secret or private, SYNONYM: **revelation**; **2.** [countable] **disclosure** (about somebody/something) information or a fact that is made known or public that was previously secret or private, SYNONYM: **revelation**.

<sup>118</sup>**intimate** [a] **1.** (of a link between things) very close; **2.** (of people) having a close & friendly relationship; **3.** sexual; **4.** private & personal, often in a sexual way; **5.** (of a place or situation) encouraging close, friendly relationships; **6.** (of knowledge) very detailed & thorough.

**intimacy** [n] [uncountable, countable, usually plural].

spot people who can *really* talk in front of a TV camera & who look authentic<sup>119</sup> because they are (the camera picks up on that). He often invites such people to these salons<sup>120</sup>. That day Wodek brought a psychology professor, from my own University of Toronto, who fit the bill: intellect & emotion in tandem<sup>121</sup>. Wodek was the 1st to put Jordan Peterson in front of a camera, & thought of him as a teacher in search of students – because he was always ready to explain. & it helped that he liked the camera & that camera liked him back.

That afternoon there was a large table set outside in the Szemberg-Beliers' garden; around it was gathered the usual collection of lips & ears<sup>122</sup>, & loquacious<sup>122</sup> virtuosos<sup>123</sup>. We seemed, however, to be plagued<sup>124</sup> by a buzzing<sup>125</sup> paparazzi<sup>126</sup> of bees, & here was this new fellow<sup>127</sup> at the table, with an Albertan<sup>128</sup> accent<sup>129</sup>, in cowboy boots, who was ignoring them, & kept on talking. He kept talking while the rest of us were playing musical chairs to keep away from the pests<sup>130</sup>, yet also trying to remain at the table because this new addition to our gatherings was so interesting.

He had this odd habit of speaking about the deepest questions to whoever was at this table – most of them new acquaintances<sup>131</sup> – as though he were just making small talk. Or, if he did do small talk, the interval between “How do you know Wodek & Estera?” or “I was a beekeeper once, so I’m used to them” & more serious topics would be nanoseconds<sup>132</sup>.

One might hear such questions discussed at parties where professors & professionals<sup>133</sup> gather, but usually the conversation would remain between 2 specialists<sup>134</sup> in the topic, off in a corner, or if shared with the whole group it was often not without someone preening<sup>135</sup>. But this Peterson, though erudite<sup>136</sup>, didn’t come across as a pedant<sup>137</sup>. He had the enthusiasm of a kid who had just learned something new & had to share it. He seemed to be assuming, as a child would – before learning how dulled<sup>138</sup> adults can become – that if he thought something was interesting, then so might others. There was something

<sup>119</sup>**authentic** [a] 1. known to be real & genuine & not a copy, SYNONYM: **genuine**; 2. true & accurate; based on fact; 3. made to be exactly like the original.

<sup>120</sup>**salon** [n] 1. a shop that gives customers hair or beauty treatment or that sells expensive clothes; 2. (*old-fashioned*) a room in a large house used for entertaining guests; 3. (in the past) a regular meeting of writers, artists & other guests at the house of a famous or important person.

<sup>121</sup>**tandem** [n] **in tandem (with somebody/something)** [idiom] a thing that works or happens in tandem with something else works together with it or happens at the same time as it.

<sup>122</sup>**loquacious** [a] (*formal*) talking a lot, SYNONYM: **talkative**.

<sup>123</sup>**virtuoso** [n] (plural **virtuosos**, **virtuosi**) a person who shows very great skill at doing something, especially playing a musical instrument; [a] [only before noun] showing extremely great skill.

<sup>124</sup>**plague** [v] 1. **plague somebody/something (with something)** to cause pain or trouble to somebody/something over a period of time, SYNONYM: **trouble**; 2. **plague somebody (with something)** to annoy somebody or create problems, especially by asking for something, demanding attention, etc., SYNONYM: **hound**; [n] 1. (also **the plague**) (also **bubonic plague**) [uncountable] a disease spread by rats that causes a high temperature, swellings (= areas that are larger & rounder than usual) on the body & usually death; 2. [countable] any disease that spreads quickly & kills a lot of people, SYNONYM: **epidemic**; 3. [countable] **plague of something** large numbers of an animal or insect that come into an area & cause great damage.

<sup>125</sup>**buzz** [v] 1. [intransitive] (of a bee) to make a continuous low sound; 2. [intransitive] to make a sound like a bee buzzing; 3. [intransitive] to be full of excitement, activity, etc.; 4. [intransitive, transitive] **buzz (something) (for somebody/something)** to call somebody to come by pressing a buzzer; 5. [transitive] **buzz somebody/something (informal)** to fly very close to somebody/something, especially as a warning or threat; [n] 1. [countable, usually singular] (also **buzzing** [uncountable, singular]) a continuous sound like the one that a bee, a buzzer or other electronic device makes; 2. [singular] the sound of people talking, especially in an excited way; 3. [singular, uncountable] (*informal*) a strong feeling of pleasure, excitement or achievement; 4. **the buzz** [singular] (*informal*) news that people tell each other that may or may not be true, SYNONYM: **rumor**.

<sup>126</sup>**paparazzo** [n] (also **pap**) (plural **paparazzi**) [usually plural] a photographer who follows famous people around in order to get interesting photographs of them to sell to a newspaper.

<sup>127</sup>**fellow** [n] 1. [usually plural] a person that you work with or that is like you; a thing that is similar to the one mentioned; 2. (*British English*) a senior member of some colleges or universities; 3. a member of an academic or professional organization; 4. (*especially North American English*) a graduate student who holds a fellowship; [a] [only before noun] used to describe somebody who is the same as you in some way, or in the same situation.

<sup>128</sup>**Alberta** [n] a province in western Canada, east of British Columbia & west of Saskatchewan. The capital is Edmonton.

<sup>129</sup>**accent** [n] 1. a way of pronouncing the words of a language that shows which country, area or social class a person comes from; 2. the emphasis that you should give to part of a word when saying it, SYNONYM: **stress**; 3. a mark on a letter to show that it should be pronounced in a particular way; 4. [singular] **accent (on something)** a special importance that is given to something, SYNONYM: **emphasis**.

<sup>130</sup>**pest** [n] an insect or animal that destroys plants, food, etc.

<sup>131</sup>**acquaintance** [n] 1. [countable] a person that you know but who is not a close friend; 2. [uncountable, countable] **acquaintance (with somebody) (formal)** slight friendship; 3. [uncountable, countable] **acquaintance with something (formal)** knowledge of something.

<sup>132</sup>**nanosecond** [n] (abbr. **ns**) 10<sup>-9</sup> second.

<sup>133</sup>**professional** [n] a person who does a job that needs special training & a high level of education.

<sup>134</sup>**specialist** [n] 1. a doctor who has specialized in a particular area of medicine; 2. **specialist (in something)** a person who is an expert in a particular area of work or study; [a] [only before noun] 1. connected with a doctor who has specialized in a particular area of medicine; 2. having or involving detailed knowledge of a particular topic or area of study.

<sup>135</sup>**preen** [v] 1. [transitive, intransitive] **preen (yourself) (usually disapproving)** to spend a lot of time making yourself look attractive & then admiring your appearance; 2. [transitive] **preen yourself (on something) (usually disapproving)** to feel very pleased with yourself about something & show other people how pleased you are; 3. [intransitive, transitive] **preen (itself)** (of a bird) to clean itself or make its feathers smooth with its beak.

<sup>136</sup>**erudite** [a] (*formal, approving*) having or showing great knowledge that is gained from academic study, SYNONYM: **learned**.

<sup>137</sup>**pedant** [n] (*disapproving*) a person who is too concerned with small details or rules especially when learning or teaching.

<sup>138</sup>**dull** [v] **pain** 1. [transitive, intransitive] **dull (something)** to make a pain or an emotion weaker or less severe; to become weaker or less severe; person 2. [transitive] **dull somebody** to make a person slower or less lively; **colors/sounds** 3. [intransitive, transitive] to become less bright, clean or sharp; to make something less bright, clean or sharp; [a] **boring** 1. not interesting or exciting, SYNONYM: **dreary**; **light/colors** 2. not bright or shiny; **weather** 3. not bright, with a lot of clouds, SYNONYM: **overcast**; **sounds** 4. not clear or cloud; **pain** 5. not very severe, but continuous;



boyish<sup>139</sup> in the cowboy, in his broaching<sup>140</sup> of subjects as though we had all grown up together in the same small town, or family, & had all been thinking about the very same problems of human existence<sup>141</sup> all along.

Peterson wasn't really an "eccentric"<sup>142</sup>; he had sufficient conventional<sup>143</sup> chops<sup>144</sup>, had been a Harvard professor, was a gentleman<sup>145</sup> (as cowboys can be) though he did say *damn* & *bloody* a lot, in a rural<sup>146</sup> 1950s sort of way. But everyone listened, with fascination<sup>147</sup> on their faces, because he was in fact addressing questions of concern to everyone at the table.

There was something freeing about being with a person so learned<sup>148</sup> yet speaking in such an unedited way. His thinking was motoric; it seemed he needed to think *aloud*, to use his motor<sup>149</sup> cortex<sup>150</sup> to think, but that motor also had to run fast to work properly. To get to liftoff<sup>151</sup>. Not quite manic<sup>152</sup>, but his idling<sup>153</sup> speed revved<sup>154</sup> high. Spirited thoughts were tumbling<sup>155</sup> out. But unlike many academics<sup>156</sup> who take the floor & hold it, if someone challenged or corrected him he really seemed to *like* it. He didn't rear up<sup>157</sup> & neigh<sup>158</sup>. He'd say, in a kind of folksy<sup>159</sup> way, "Yeah," & bow his head

person 6. slow in understanding, SYNONYM: **stupid**; trade 7. (*especially North American English*) not busy; slow.

<sup>139</sup>**boyish** [a] (*approving*) looking or behaving like a boy, in a way that is attractive.

<sup>140</sup>**broach** [v] **broach something (to/with somebody)** to begin talking about a subject that is difficult to discuss, especially because it is embarrassing or because people disagree about it.

<sup>141</sup>**existence** [n] 1. [uncountable, countable, usually singular] the state or fact of happening or being found in a particular place, time or situation; the state of being alive; 2. [uncountable] **existence (of something)** the fact of being real; 3. [countable, usually singular] a way of living, especially when this is difficult.

<sup>142</sup>**eccentric** [a] considered by other people to be strange or unusual; [n] a person who is considered by other people to be strange or unusual.

<sup>143</sup>**conventional** [a] 1. [usually before noun] based on what is generally believed; following the way something is usually done; 2. (*often disapproving*) tending to follow what is done or considered acceptable by society in general; normal & ordinary, & perhaps not very interesting, OPPOSITE: **unconventional**; 3. [usually before noun] (especially of weapons) not nuclear; 4. (of literature, art or the theater) using a traditional style or method.

<sup>144</sup>**chop** [v] 1. to cut something into pieces with a sharp tool such as a knife; 2. [usually passive] (*informal*) to suddenly stop providing or allowing something; to suddenly reduce something by a large amount, SYNONYM: **cut**; 3. **chop somebody/something** to hit somebody/something downwards with a quick, short movement; [n] 1. [countable] a thick slice of meat with a bone attached to it, especially from a pig or sheep; 2. [countable, usually singular] an act of cutting something in a quick movement downwards using an axe or a knife; 3. [countable] an act of hitting somebody/something with the side of your hand in a quick movement downwards; 4. **chops** [plural] (*informal*) the part of a person's or an animal's face around the mouth; 5. **chops** [plural] the technical skill of an actor or a jazz or rock musician.

<sup>145</sup>**gentleman** [n] (plural **gentlemen**) 1. (*formal*) a polite or formal way of referring to a man; 2. (in the past) a man from a high social class, especially one who did not need to work.

<sup>146</sup>**rural** [a] [usually before noun] connected with or like the countryside.

<sup>147</sup>**fascination** [n] 1. [countable, usually singular] a very strong attraction, that makes something very interesting; 2. [uncountable, singular] the state of being very attracted to & interested in somebody/something.

<sup>148</sup>**learned** [a] [usually before noun] 1. developed by training or experience; not existing at birth; 2. having a lot of knowledge because you have studied & read a lot; 3. connected with or for learned people; showing deep knowledge; SYNONYM: **scholarly**.

<sup>149</sup>**motor** [n] 1. a device that uses electricity, petrol, etc. to produce movement & makes a machine, a vehicle, a boat, etc. work; 2. a source of power, energy or movement; 3. (*British English, old-fashioned humorous*) a car; [a] [only before noun] 1. having an engine; using the power of an engine; 2. (*especially British English*) connected with vehicles that have engines; 3. (*specialist*) connected with movement of the body that is produced by muscles; connected with the nerves that control movement; [v] [intransitive] (*British English, old-fashioned*) + **adv./prep.** to travel by car, especially for pleasure.

<sup>150</sup>**cortex** [n] (plural **cortices**) (*anatomy*) the outer layer of an organ in the body, especially the brain.

<sup>151</sup>**liftoff** [n] [countable, uncountable] the act of a rocket or helicopter leaving the ground & rising into the air.

<sup>152</sup>**manic** [a] 1. (*informal*) full of activity, excitement & stress; behaving in a busy, excited, anxious way, SYNONYM: **hectic**; 2. (*psychology*) connected with mania.

<sup>153</sup>**idle** [v] 1. [transitive, intransitive] to spend time doing nothing important; 2. [intransitive] (of an engine) to run slowly while the vehicle is not moving, SYNONYM: **tick over**; 3. [transitive] **idle somebody/something** (*North American English*) to close a factory, etc. or stop providing work for the workers, especially temporarily.

<sup>154</sup>**revved** [v] [transitive, intransitive] **rev (something) (up)** when you rev an engine or it revs, it runs quickly; [n] (*informal*) a complete turn of an engine, used when talking about an engine's speed, SYNONYM: **revolution**.

<sup>155</sup>**tumble** [v] 1. [intransitive, transitive] **tumble (somebody/something) + adv./prep.** to fall downwards, often hitting the ground several times, but usually without serious injury; to make somebody/something fall in this way; 2. [intransitive] **tumble (down)** to fall suddenly & in a dramatic way; 3. [intransitive] to fall rapidly in value or amount; 4. [intransitive] + **adv./prep.** to move or fall somewhere in a relaxed or noisy way, or with a lack of control; 5. [intransitive] to perform acrobatics on the floor, especially somersaults (= a jump in which you turn over completely in the air); [n] 1. [countable, usually singular] a sudden fall; 2. [singular] **tumble (of something)** an untidy group of things.

<sup>156</sup>**academic** [a] 1. [usually before noun] connected with education, especially studying in schools & universities, SYNONYM: **educational**; 2. [usually before noun] involving a lot of reading & studying rather than practical or technical skills; 3. not connected to a real or practical situation & therefore not important; [n] a person who teaches &/or does research at a university or college.

<sup>157</sup>**rear** [a] [only before noun] at or near the back of something; [n] 1. (usually **the rear**) [singular] the back part of something; 2. (also **rear end**) [countable, usually singular] (*informal*) the part of the body that you sit on, SYNONYM: **backside, bottom**; [v] 1. [transitive] **rear somebody/something** [often passive] to care for young children or animals until they are fully grown, SYNONYM: **bring up, raise**; 2. [transitive] **rear something** to keep & breed (= produce young from) animals or birds, e.g. on a farm; 3. [intransitive] **rear (up)** (of an animal, especially a horse) to raise itself on its back legs, with the front legs in the air; 4. [intransitive] **rear (up)** (of something large) to seem to lean over you, especially in a way that makes you feel frightened.

<sup>158</sup>**neigh** [v] [intransitive] when a horse neighs it makes a long high sound; [n] a long high sound made by a horse.

<sup>159</sup>**folksy** [a] (also **folky**) 1. (*especially North American English*) simple, friendly & informal; 2. (*sometimes disapproving*) done or made in a traditional style that is supposed to be typical of simple customs in the past, but sometimes in a false or artificial way.

involuntarily<sup>160</sup>, wag<sup>161</sup> it if he had overlooked<sup>162</sup> something, laughing at himself for overgeneralizing<sup>163</sup>. He appreciated being shown another side of an issue, & it became clear that thinking through a problem was, for him, a dialogic process.

One could not but be struck by another unusual thing about him: for an egghead<sup>164</sup> Peterson was extremely practical<sup>165</sup>. His examples were filled with applications to everyday life: business management, how to make furniture (he made much of his own), designing a simple house, making a room beautiful (now an internet meme) or in another, specific case related to education, creating an online writing project that kept minority students from dropping out of school by getting them to do a kind of psychoanalytic<sup>166</sup> exercise on themselves, in which they would free-associate<sup>167</sup> about their past, present & future (now known as the Self-Authoring Program).

I was always especially fond of mid-Western, Prairie<sup>168</sup> types who come from a farm (where they learned all about nature), or from a very small town, & who have worked with their hands to make things, spent long periods outside in the harsh elements, & are often self-educated & go to university against the odds<sup>169</sup>. I found them quite unlike their sophisticated<sup>170</sup> but somewhat denatured urban<sup>171</sup> counterparts<sup>172</sup>, for whom higher education was pre-ordained<sup>173</sup>, & for that reason sometimes taken for granted, or thought of not as an end in itself but simply as a life stage in the service of career advancement<sup>174</sup>. These Westerners were different: self-made, unentitled<sup>175</sup>, hands on, neighborly<sup>176</sup> & less precious<sup>177</sup> than many of their big-city peers, who increasingly spend their lives indoors<sup>178</sup>, manipulating symbols on computers. This cowboy psychologist seemed to care about a thought only if it might, in some way, be helpful to someone.

We became friends. As a psychiatrist<sup>179</sup> & psychoanalyst<sup>180</sup> who loves literature<sup>181</sup>, I was drawn to him because here was a clinician<sup>182</sup> who also had given himself a great books education, & who not only loved soulful<sup>183</sup> Russian novels,

<sup>160</sup>**involuntary** [a] **1.** happening without the person concerned wanting it to; **2.** an involuntary movement, etc. is made suddenly, without you intending it or being able to control it, OPPOSITE: **voluntary**.

<sup>161</sup>**wag** [v] **1.** [transitive, intransitive] **wag (something)** if a dog wags its tail, or its tail wags, its tail moves from side to side several times; **2.** [transitive] **wag something** to shake your finger or your head from side to side or up & down, often because you do not approve of something; **3.** [transitive] **wag something** (*Australian English, New Zealand English*) to stay away from school without permission; [n] **1.** (*especially British English, old-fashioned*) a person who enjoys making jokes, SYNONYM: **joker**; **2.** a wagging movement.

<sup>162</sup>**overlook** [v] **1. overlook something** to fail to see or notice something, SYNONYM: **miss**; **2. overlook something** if a building, etc. overlooks a place, you can see that place from the building; **3. overlook somebody (for something)** to not consider somebody for a job or position, even though they might be suitable.

<sup>163</sup>**overgeneralize** [v] [intransitive] to make a statement that is not accurate because it is too general.

<sup>164</sup>**egghead** [n] (*informal, disapproving or humorous*) a person who is very intelligent & is only interested in studying

<sup>165</sup>**practical** [a] **1.** connected with real situations rather than with ideas or theories; **2.** (of an idea, a method or a course of action) right or sensible; possible & likely to be successful, SYNONYM: **feasible, workable**, OPPOSITE: **impractical**; **3.** (of things) useful or suitable for a particular purpose, OPPOSITE: **impractical**; **4.** (of a person) sensible & realistic in the way they approach a problem or situation; **for (all) practical purposes** [idiom] used to say that something is so nearly true that it can be considered to be so; [n] (*British English, informal*) a lesson or an exam in science or technology in which students have to do or make things, not just read or write about them.

<sup>166</sup>**psychoanalysis** [n] (also **analysis**) [uncountable] a method of treating mental illness by investigating the influence of the unconscious mind, by getting somebody to talk about their fears, past experiences, dreams, etc.

<sup>167</sup>**free association** [n] [uncountable] **1.** the mental process by which 1 word or image may suggest another without any obvious connection; **2.** a method of treating a patient by asking them to use the mental process of free association.

<sup>168</sup>**prairie** [n] [countable, uncountable] a flat, wide area of land in North America & Canada, without many trees & originally covered with grass.

<sup>169</sup>**odds** [n] [plural] **1.** (usually **the odds**) the degree to which something is likely to happen; **2.** greater advantage; the state of being greater in strength, power or resources.

<sup>170</sup>**sophisticated** [a] **1.** (of things, systems, methods or ideas) clever & complicated; **2.** [usually before noun] able to deal with complicated ideas; **3.** knowing a lot about the modern world & about things that people consider to be socially important.

<sup>171</sup>**urban** [a] [usually before noun] connected with a town or city.

<sup>172</sup>**counterpart** [n] a person or thing that has the same position or function as somebody/something else in a different place or situation.

<sup>173</sup>**preordained** [a] (*formal*) already decided or planned by God or by fate, SYNONYM: **predestined**.

<sup>174</sup>**advancement** [n] **1.** [uncountable, countable] the process of helping something to make progress or succeed; the progress that is made; **2.** [uncountable] progress in a job or social class.

<sup>175</sup>**entitled** [a] (*usually disapproving*) feeling that you have a right to the good things in life without necessarily having to work for them.

<sup>176</sup>**neighborly** [a] **1.** involving people, countries, etc. that live or are located near each other; **2.** friendly & helpful, SYNONYM: **kind**.

<sup>177</sup>**precious** [a] **1.** rare & worth a lot of money; **2.** valuable or important & not to be wasted; **3.** loved or valued very much, SYNONYM: **treasured**; **4.** [only before noun] (*informal*) used to show you are angry that another person thinks something is very important; **5.** (*disapproving*) (especially of people & their behavior) very formal, exaggerated & not natural in what you say & do, SYNONYM: **affected**.

<sup>178</sup>**indoors** [v] inside or into a building, OPPOSITE: **outdoors**.

<sup>179</sup>**psychiatrist** [n] a doctor who studies & treats mental illnesses.

<sup>180</sup>**psychoanalyst** [n] (also **analyst**) a person who treats patients using psychoanalysis.

<sup>181</sup>**literature** [n] **1.** [uncountable] pieces of writing that are considered to be works of art, especially novels, plays & poems (in contrast to technical books & newspaper, magazines, etc.); **2.** [uncountable, countable] pieces of writing or printed information on a particular subject.

<sup>182</sup>**clinician** [n] a doctor, psychologist, etc. who has direct contact with patients.

<sup>183</sup>**soulful** [a] expressing deep feelings, especially feelings of love or being sad.

philosophy<sup>184</sup> & ancient<sup>185</sup> mythology<sup>186</sup>, but who also seemed to treat them as his most treasured inheritance<sup>187</sup>. But he also did illuminating<sup>188 189</sup> statistical<sup>190</sup> research on personality<sup>191</sup> & temperament<sup>192</sup>, & had studied neuroscience<sup>193</sup>. Though trained as a behaviorist<sup>194</sup>, he was powerfully drawn to psychoanalysis with its focus on dreams<sup>195</sup>, archetypes<sup>196</sup>, the persistence<sup>197</sup> of childhood conflicts<sup>198</sup> in the adult, & the role of defences<sup>199</sup> & rationalization<sup>200</sup> in everyday life. He was also an outlier<sup>201</sup> in being the only member of the research-oriented Department of Psychology at the University of Toronto who also kept a clinical<sup>202</sup> practice.

On my visits, our conversations began with banter<sup>203</sup> & laughter – that was the small-town Peterson from the Alberta hinterland<sup>204</sup> – his teenage years right out of the movie FUBAR – welcoming you into his home. The house had been gutted<sup>205</sup> by Tammy, his wife, & himself, & turned into perhaps the most fascinating & shocking middle-class<sup>206</sup> home I had seen. They

<sup>184</sup>**philosophy** [n] (**philosophies**) **1.** [uncountable] the study of the nature & meaning of the universe & of human life. **Natural philosophy** is an old term for the study of the physical world, which developed into the natural sciences. The term may still be used in the study of the history of science.; **2.** [countable] a particular set or system of beliefs resulting from the search for knowledge about life & the universe; **3.** [countable] a set of beliefs or an attitude to life that guides somebody's behavior.

<sup>185</sup>**ancient** [a] **1.** belonging to a period of history that is thousands of years in the past, OPPOSITE: **modern**; **2.** very old; having existed for a very long time; **3. (the ancients)** [n] [plural] the people who lived in the ancient times, especially the Egyptians, Greeks & Romans.

<sup>186</sup>**mythology** [n] (plural **mythologies**) [uncountable, countable] **1.** ancient myths in general; the ancient myths of a particular culture, society, etc.; **2. mythology (of something)** ideas that many people think are true but are in fact false.

<sup>187</sup>**inheritance** [n] **1.** [uncountable, countable, usually singular] the process of receiving something such as a medical condition, physical characteristic or quality from parents, etc.; the condition, characteristic, etc. that is received; **2.** [countable, uncountable] the money or property that you receive from somebody when they die; the fact of receiving something when somebody dies; **3.** [countable, usually singular] a situation or tradition that you receive from a former owner or period of time.

<sup>188</sup>**illuminate** [v] **1. illuminate something** to make something clearer or easier to understand, SYNONYM: **clarify**; **2. illuminate something** to shine light on something.

<sup>189</sup>**illuminating** [a] helping to make something clear or easier to understand.

<sup>190</sup>**statistical** [a] connected with statistics.

<sup>191</sup>**personality** [n] (plural **personalities**) **1.** [countable, uncountable] the various aspects of a person's character that combine to make them different from other people; **2.** [uncountable] the qualities of a person's character that make them interesting & attractive; **3.** [countable] a famous person, especially one who works in entertainment or sport, SYNONYM: **celebrity**; **4.** [countable] a person whose strong character makes them easy to notice; **5.** [uncountable] the qualities of a place or thing that make it interesting & different, SYNONYM: **character**.

<sup>192</sup>**temperament** [n] **1.** [countable, uncountable] a person's or an animal's nature as shown in the way they behave or react to situations or people; **2.** [uncountable] the fact of tending to get emotional & excited very easily & behave in an unreasonable way.

<sup>193</sup>**neuroscience** [n] [uncountable] the science that deals with the structure & function of the brain & the nervous system.

<sup>194</sup>**behaviorist** [n] (*US English behaviorist*) (*psychology*) a scientist who studies or accepts the theory of behaviorism.

<sup>195</sup>**dream** [n] **1.** a series of images, events & feelings that happen in your mind while you are sleeping; **2. dream (of something/doing something)** a wish to have, do or be something, especially one that seems difficult to achieve; [v] **1.** [intransitive, transitive] to imagine & think about something that you would like to happen; **2.** [intransitive, transitive] to experience a series of images, events & feelings in your mind while you are sleeping.

<sup>196</sup>**archetypes** [n] (*formal*) the most typical or perfect example of a particular kind of person or thing.

<sup>197</sup>**persistence** [n] [uncountable] **1. persistence (of something)** the state of continuing to exist for a long period of time; **2.** the fact of continuing to do something despite difficulties or opposition.

<sup>198</sup>**conflict** [n] [countable, uncountable] **1.** a situation in which people, groups or countries are involved in a serious disagreement or argument; **2.** a violent situation or period of fighting between countries or groups of people; **3.** a situation in which there are opposing ideas, opinions, feelings or wishes; **conflict of interest(s)** [idiom] **1.** a situation in which somebody has a role or responsibility that may prevent them from treating another role or responsibility equally & fairly; **2.** a situation in which somebody's aims or needs are in opposition to the aims or needs of another person or group.

<sup>199</sup>**defence** [n] (*US defense*) **1.** [countable, uncountable] support for somebody/something that has been criticized, OPPOSITE: **attack**; **2.** [uncountable, countable] the action of protecting somebody/something from attack, OPPOSITE: **attack**; **3.** [countable, uncountable] something that provides protection against attack from enemies, the weather, illness, etc.; **4.** [uncountable] military measures or resources for protecting a country from attack; **5.** [countable] a set of facts or arguments presented in court to support a person who has been accused of committing a crime, or who is being sued; **6. (the defence)** [singular + singular or plural verb] the lawyer or lawyers whose job is to represent in court a person who has been accused of committing a crime, or who is being sued.

<sup>200</sup>**rationalize** [v] (*British English also rationalise*) **1.** [transitive, intransitive] **rationalize (something)** to find or try to find a logical reason to explain why somebody thinks or behaves in a particular way; **2.** [transitive] **rationalize something** to make changes to a business, system, etc. in order to make it more efficient, especially by spending less money.

**rationalization** [n] (*British English also rationalisation*) [uncountable, countable].

<sup>201</sup>**outlier** [n] **1.** a person or thing that is different from or in a position away from others in the group; **2. (statistics)** a data point on a graph or in a set of results that is very much bigger or smaller than the next nearest data point.

<sup>202</sup>**clinical** [a] [only before noun] connected with the examination & treatment of patients & their illnesses.

<sup>203</sup>**banter** [n] [uncountable] friendly remarks & jokes; [v] [intransitive] **banter (with somebody)** to joke with somebody.

<sup>204</sup>**hinterland** [n] the areas of a country that are away from the coast, from the banks of a large river or from the main cities.

<sup>205</sup>**gutted** [a] [not before noun] (*British English, informal*) extremely sad or disappointed.

<sup>206</sup>**middle-class** [a] connected with the middle social class.

had art, some carved<sup>207</sup> masks<sup>208</sup>, & abstract<sup>209</sup> portraits<sup>210</sup>, but they were overwhelmed<sup>211</sup> by a huge collection of original Socialist<sup>212</sup> Realist<sup>213</sup> paintings of Lenin & the early Communists<sup>214</sup> commissioned<sup>215</sup> by the USSR<sup>216</sup>. Not long after the Soviet Union fell, & most of the world breathed a sigh<sup>217</sup> of relief<sup>218</sup>, Peterson began purchasing this propaganda<sup>219</sup> for a song online. Paintings lionizing<sup>220</sup> the Soviet revolutionary<sup>221</sup> spirit<sup>222</sup> completely filled every single wall, the ceilings, even the bathrooms. The paintings were not there because Jordan had any totalitarian<sup>223</sup> sympathies<sup>224</sup>, but because he wanted

<sup>207</sup>**carve** [v] **1.** [transitive, intransitive] to make objects, patterns, etc. by cutting away material from a piece of wood or stone, or another hard material; **2.** [transitive] **carve something (on something)** to write something on a surface by cutting into it; **3.** [transitive, intransitive] to cut a large piece of cooked meat into smaller pieces for eating; **4.** [transitive, no passive] to work hard in order to have a successful career, reputation, etc.

<sup>208</sup>**mask** [n] **1.** a covering for part or all of the face, worn to protect it or hide it; **2.** an object that fits over somebody's face & that is connected to a container of oxygen, used for helping them to breathe; **3.** [usually singular] a manner or an expression that hides somebody's true character or feelings; [v] **mask something** to hide a fact or feeling so that it cannot be easily seen or noticed.

<sup>209</sup>**abstract** [a] **1.** existing in thought or as an idea but not as a physical thing; **2.** based on general ideas & not on any particular real person, thing or situation; **3.** representing an idea, a quality or a state rather than a physical object; **4.** (of art) not representing people or things in a realistic way, but expressing the artist's ideas about them using shapes, colors & textures; [n] a short piece of writing containing the main ideas of a research article, book or speech, SYNONYM: **summary**; **in the abstract** [idioms] in a general way, without referring to a particular real person, thing or situation; [v] **1.** [transitive] **abstract something (from something)** to remove something from somewhere, SYNONYM: **extract**; **2.** [transitive, intransitive] **abstract (something) (from something)** to think about something generally or separately from something else.

<sup>210</sup>**portrait** [n] **1.** **portrait (of somebody/something)** a painting, drawing or photograph of a person, especially of the head & shoulders; **2.** **portrait (of somebody/something)** a detailed description of somebody/something, SYNONYM: **depiction**.

<sup>211</sup>**overwhelm** [v] [often passive] **1.** to be so bad or so great that a person, organization or system cannot deal with it; to give too much of a thing to a person or thing; **2.** to have such a strong emotional effect on somebody that it is difficult for them to resist or know how to react, SYNONYM: **overcome**; **3.** **overwhelm somebody** to defeat somebody completely.

<sup>212</sup>**socialist** [a] [usually before noun] supporting socialism; [n].

<sup>213</sup>**realist** [n] **1.** (*politics*) a person who believes that the subject matter of politics is political power, not matters of principle; **2.** a writer, artist, etc. whose work represents things as they are in real life; **3.** (*philosophy*) a person who believes that reality exists independently of how people view it; [a].

<sup>214</sup>**communist** [n] **1.** a person who believes in or supports communism; **2.** (**Communist**) a member of a communist party; [a] (**Communist**) connected with communism.

<sup>215</sup>**commission** [n] official group **1.** (often **Commission**) [countable] an official group of people who have been given responsibility to control something, or to find out about something, usually for the government; **money 2.** [uncountable, countable] an amount of money that is paid to somebody for selling goods & that increases with the amount of goods that are sold; **3.** [uncountable, singular] an amount of money that is charged by a bank, etc. for providing a particular service; **for art/music, etc. 4.** [countable] a formal request to somebody to design or make a piece of work such as a building or a painting; the fact of making such a request; **in armed forces 5.** [countable] the position of an officer in the armed forces, typically with the rank of lieutenant or higher; **of crime 6.** [uncountable] (*formal*) the act of doing something wrong or illegal; [v] **piece of art/music, etc. 1.** to officially ask somebody to write, make or create something or to do a task for you; **in armed forces 2.** [usually passive] to choose somebody as an officer in 1 of the armed forces.

<sup>216</sup>**USSR** [abbr] (the former) Union of Soviet Socialist Republics.

<sup>217</sup>**sigh** [v] **1.** [intransitive] to take & then let out a long deep breath that can be heard, to show that you are disappointed, sad, tired, etc.; **2.** [transitive] + **speech** to say something with a sigh; **3.** [intransitive] (*literary*) (especially of the wind) to make a long sound like a sigh; [n] an act or the sound of sighing.

<sup>218</sup>**relief** [n] **1.** [uncountable, singular] the feeling of happiness that you have when something unpleasant stops or does not happen; **2.** [uncountable] the act of removing or reducing pain, anxiety, etc.; **3.** [uncountable] food, money, medicine, etc. that is given to help people in places where there has been a war or natural disaster, SYNONYM: **aid**; **4.** [uncountable] financial help given by the government to people who need it; **5.** [uncountable, singular] something that is interesting or enjoyable that replaces something boring, difficult or unpleasant for a short period of time; **6.** [uncountable] the quality of a particular situation, problem, etc. that makes it easier to notice than before; **7.** [uncountable] (*geography*) difference in height from the surrounding land; **8.** [uncountable, countable] a way of decorating wood, stone, etc. by cutting designs into the surface of it so that some parts stick out more than others; a design that is made in this way; **9.** [countable + singular or plural verb] a person or group of people that replaces others who have been on duty; **10.** [singular] **relief of ...** the act of freeing a town, etc. from an enemy army that has surrounded it.

<sup>219</sup>**propaganda** [n] [uncountable] (*usually disapproving*) ideas or statements that may be false or give a false impression & that are used in order to gain support for a political leader, party, etc.

<sup>220</sup>**lionize** [v] (*British English also lionise*) (*formal*) **lionize somebody** to treat somebody as a famous or important person.

<sup>221</sup>**revolutionary** [a] **1.** [usually before noun] connected with political revolution; **2.** involving a great or complete change; [n] (plural **revolutionaries**) a person who starts or supports a revolution, especially a political one.

<sup>222</sup>**spirit** [n] **1.** [uncountable, countable] the part of a person that includes their mind, feelings & character rather than their body; **2.** [singular, uncountable] an attitude or way of thinking; **3.** [uncountable, singular] loyal feelings towards a group, team or society; **4.** [singular] **spirit (of something)** the typical or most important quality or mood of something; **5.** [uncountable] **spirit (of something)** the real or intended meaning or purpose of something; **6.** [uncountable] courage, determination or energy; **7.** [countable] **spirit (of somebody)** the part of a person that many people believe still exists after their body is dead; **8.** [countable] an imaginary creature with magic powers; **9.** [countable, usually plural] (*especially British English*) a strong alcoholic drink.

<sup>223</sup>**totalitarian** [a] (*disapproving*) (of a country or system of government) in which there is only 1 political party, which has complete power & control over the people.

<sup>224</sup>**sympathy** [n] (plural **sympathies**) **1.** [uncountable, countable, usually plural] **sympathy (for somebody)** the feeling of being sorry for somebody; showing that you understand & care about somebody's problems; **2.** [countable, usually plural, uncountable] the act of showing support for or approval of an idea, a cause, an organization, etc..



to remind himself of something he knew he & everyone would rather forget: that hundreds of millions were murdered<sup>225</sup> in the name of utopia<sup>226</sup>.

It took getting used to, this semi-haunted house “decorated” by a delusion<sup>227</sup> that had practically<sup>228</sup> destroyed<sup>229</sup> mankind<sup>230</sup>. But it was eased<sup>231</sup> by his wonderful & unique<sup>232</sup> spouse<sup>233</sup>, Tammy, who was all in, who embraced & encouraged<sup>234</sup> this unusual need for expression! These paintings provided a visitor with the 1st window onto the full extent of Jordan’s concern about our human capacity for evil in the name of good<sup>235</sup>, & the psychological<sup>236</sup> mystery<sup>237</sup> of self-deception<sup>238</sup> (how can a person deceive<sup>239</sup> himself & get away with<sup>240</sup> it?) – an interest we share. & then there were also the hours we’d spend discussing what I might call a lesser problem (lesser because rarer), the

human capacity for evil for the sake of evil, the joy some people take in destroying others, captured famously by the 17th-century English poet John Milton in *Paradise Lost*.

& so we’d chat & have our tea in his kitchen-underworld, walled by this odd<sup>241</sup> art collection, a visual<sup>242</sup> marker<sup>243</sup> of his earnest<sup>244</sup> quest<sup>245</sup> to move beyond<sup>246</sup> simplistic<sup>247</sup> ideology<sup>248</sup>, left or right, & not repeat mistakes of the past. After a while, there was nothing peculiar<sup>249</sup> about taking tea in the kitchen, discussing family issues, one’s latest reading, with those ominous<sup>250</sup> pictures hovering. It was just living in the world as it was, or in some places, is.

<sup>225</sup>**murder** [v] **murder somebody** to kill somebody deliberately & illegally.

<sup>226</sup>**utopia** [n] (also **Utopia**) [countable, uncountable] an imaginary place or state in which everything is perfect.

<sup>227</sup>**delusion** [n] **1.** [countable] a false belief or opinion about yourself or your situation, especially as a sign of mental illness; **2.** [uncountable] the act of believing or making yourself believe something that is not true.

<sup>228</sup>**practically** [adv] **1.** almost; very nearly, SYNONYM: **virtually** **2.** in a realistic or sensible way; in real situations.

<sup>229</sup>**destroy** [v] **destroy something** to damage something so badly that it no longer exists or can no longer be used.

<sup>230</sup>**mankind** [n] [uncountable] all humans, considered as 1 large group; the human race.

<sup>231</sup>**ease** [v] **1.** [intransitive, transitive] to become less unpleasant, painful, severe, etc.; **2.** [transitive] **ease something** to make something easier, SYNONYM: **facilitate**; **3.** [transitive] **ease somebody/something + adv./prep.** to slowly & carefully make somebody/something reach a particular state or condition; **4.** [intransitive, transitive] to become lower in price or value; to make something lower in price or value.

<sup>232</sup>**unique** [a] **1.** being the only one of their/its kind; different from everyone or everything else. In general English, **unique** is sometimes used after a word such as ‘very’ or ‘rather’, to suggest that something is very or rather unusual or special: *This is a very unique case.* This use is best avoided in academic writing; **2. unique to somebody/something** involving 1 particular person, place or thing.

<sup>233</sup>**spouse** [n] (*formal or law*) a husband or wife.

<sup>234</sup>**encourage** [v] **1.** to make something more likely to happen or develop, OPPOSITE: **discourage**; **2.** to persuade somebody to do something by making it easier for them & making them believe it is a good thing to do, OPPOSITE: **discourage**; **3. encourage somebody** to give somebody support or hope, OPPOSITE: **discourage**.

<sup>235</sup>**capacity** [n] (plural **capacities**) **1.** [countable, uncountable] the ability to understand or to do something; **2.** [uncountable, countable, usually singular] the number of things or people that a container or space can hold; **3.** [singular, uncountable] the quantity that a factory, machine, etc. can produce; **4.** [countable, usually singular] the official position or function that somebody has, SYNONYM: **role**; **5.**

<sup>236</sup>**psychological** [a] **1.** [usually before noun] connected with a person’s mind & the way it works; **2.** [only before noun] connected with the study of psychology.

<sup>237</sup>**mystery** [n] (plural **mysteries**) **1.** [countable] something that is difficult or impossible to understand or to explain; **2.** [uncountable] the quality of being difficult or impossible to understand or to explain, especially when this makes somebody/something seem interesting & exciting; **3.** [countable] a story, film or play in which crimes & strange events are only explained at the end; **4. (mysteries)** [plural] **mystery (of something)** the skills or knowledge needed for a particular activity & regarded as too difficult to understand for those without such skills or knowledge; **5.** [countable] **mystery (of somebody/something)** a religious belief that cannot be explained or proved in a scientific way.

<sup>238</sup>**self-deception** [n] [uncountable] the act of making yourself believe something that you know is not true.

<sup>239</sup>**deceive** [v] [transitive] **1. deceive somebody** to deliberately make somebody believe something that is not true; **2. deceive somebody/something** (of a thing) to make somebody have a false idea about somebody/something.

<sup>240</sup>**get away with (doing) something** [idiom] to do something wrong & not be punished for it.

<sup>241</sup>**odd** [a] **1.** (no comparative or superlative) (of numbers) that cannot be divided exactly by the number 2, OPPOSITE: **even**; **2.** strange or unusual; **3. (the odd)** [only before noun] (no comparative or superlative) happening or appearing occasionally; not every regular or frequent, SYNONYM: **occasional**; **4.** [only before noun] (no comparative or superlative) of no particular type of size; various; **5.** [only before noun] available; that somebody can use, SYNONYM: **spare**; **6.** (no comparative or superlative; usually placed immediately after a number) (*informal*) approximately or a little more than the number mentioned.

<sup>242</sup>**visual** [a] of or connected with seeing or sight.

<sup>243</sup>**marker** [n] **1.** a feature or sign that shows that something exists or what it is like; **2. (biochemistry)** 1 of 2 or more forms of a gene that can be used to identify a chromosome or the location of other genes.

<sup>244</sup>**earnest** [a] very serious & sincere; **in earnest** [idiom] more seriously & with more force or effort than before; very serious & sincere about what you are saying & about your intentions; in a way that shows that you are serious.

<sup>245</sup>**quest** [n] a long or difficult search for something, especially for a quality such as knowledge or truth.

<sup>246</sup>**beyond** [prep] **1.** on or to the further side of something; **2.** more developed than something; reaching further than something; **3.** used to say that something is not impossible; **4.** more than a particular amount; **5.** later than a particular time; **6.** too far or too advanced for somebody/something; [adv] **1. (&) beyond** on the other side; further on; **2. (&) beyond** afterwards or later.

<sup>247</sup>**simplistic** [a] (*disapproving*) treating complicated issues & problems as if they were much simpler than they really are.

<sup>248</sup>**ideology** [n] (plural **ideologies**) [countable, uncountable] (*sometimes disapproving*) a set of ideas & beliefs that an economic or political system is based on, or that influences the way a person or group behaves. The term **ideology** is sometimes used in a disapproving way to suggest a set of beliefs that are too fixed or not realistic or fair.

<sup>249</sup>**peculiar** [a] belonging to or connected with 1 particular place, situation, person, etc., & not others.

<sup>250</sup>**ominous** [a] suggesting that something bad is going to happen in the future, SYNONYM: **foreboding**.



In Jordan's 1st & only book before this one, *Maps of Meaning*, he shares his profound<sup>251</sup> insights<sup>252</sup> into universal<sup>253</sup> themes<sup>254</sup> of world mythology, & explains how all cultures have created stories to help us grapple<sup>255</sup> with, & ultimately map, the chaos into which we are thrown at birth; this chaos is everything that is unknown to us, & any unexplored<sup>256</sup> territory<sup>257</sup> that we must traverse<sup>258</sup>, be it in the world outside or th psyche<sup>259</sup> within.

Combining evolution<sup>260</sup>, the neuroscience of emotion<sup>261</sup>, some of the best of Jung, some of Freud, much of the great works of NIETZSCHE, DOSTOEVSKY, SOLZHENITSYN, ELIADE, NEUMANN, PIAGET, FRYE & FRANKL, *Maps of Meaning*, published nearly 2 decades ago, shows Jordan's wide-ranging approach to understanding how human beings & the human brain deal with the archetypal<sup>262</sup> situation that arises whenever we, in our daily lives, must face something we do not understand. The brilliance<sup>263</sup> of the book is in his demonstration<sup>264</sup> of how rooted<sup>265</sup> this situation is in evolution, our DNA, our brains & our most ancient stories. & he shows that these stories have survived<sup>266</sup> because they still provide guidance<sup>267</sup> in dealing with uncertainty<sup>268</sup>, & the unavoidable<sup>269</sup> unknown<sup>270</sup>.

1 of the many virtues<sup>271</sup> of the book you are reading now is that it provides an entry point into *Maps of Meaning*, which is a highly complex work because Jordan was working out his approach to psychology as he wrote it. But it was foundational<sup>272</sup>, because no matter how different our genes or life experiences may be, or how differently our plastic brains are wired<sup>273</sup> by our experience, we all have to deal with the unknown, & we all attempt to move from chaos to order. & this is why many of the rules in this book, being based on *Maps of Meaning*, have an element of universality<sup>274</sup> to them.

<sup>251</sup>**profound** [a] **1.** very great; felt or experienced very strongly; **2.** showing great knowledge or understanding; **3.** needing a lot of study or thought; **4.** (*medical*) very serious; complete.

<sup>252</sup>**insight** [n] **1.** [countable, uncountable] an understanding of a particular situation or thing; **2.** [uncountable] the ability to see & understand the truth about the people or situations.

<sup>253</sup>**universal** [a] **1.** done by or involving all the people in the world or in a particular group; **2.** true or right at all times & in all places.

<sup>254</sup>**theme** [n] the subject of a talk, piece of writing, exhibition, etc.; an idea that keeps returning in a piece of research or a work of art or literature.

<sup>255</sup>**grapple** [v] **1.** [intransitive, transitive] to take a strong hold of somebody/something & struggle with them; **2.** [intransitive] to try hard to find a solution to a problem.

<sup>256</sup>**unexplored** [a] **1.** (of a country or an area of land) that no one has investigated or put on a map; that has not been explored; **2.** (of an area of activity or thought) that has not yet been examined or discussed thoroughly.

<sup>257</sup>**territory** [n] (plural **territories**) **1.** [uncountable, countable] land that is under the control of a particular country or ruler; **2.** [countable, uncountable] an area that an animal or group of animals considers as its own & defends against others who try to enter it; **3.** [uncountable, countable] an area of knowledge, activity or experience; **4.** [countable] an area of a town, country, etc. that somebody has particular rights in or responsibility for in their work or another activity; **5.** [uncountable] a particular type of land; **6.** (**Territory**) [countable] a country or an area that is part of the US, Australia or Canada but is not a state or province.

<sup>258</sup>**traverse** [v] (*formal*) **traverse something** to cross an area of land or water; [n] (*specialist*) (in mountain climbing) an act of moving sideways across a steep slope, not climbing up or down it; a place where this is possible or necessary.

<sup>259</sup>**psyche** [n] the mind; your deepest feelings & attitudes.

<sup>260</sup>**evolution** [n] [uncountable] **1.** (*biology*) the gradual development of living things over many years as they adapt to changes in their environment; **2.** the gradual development of something.

<sup>261</sup>**emotion** [n] **1.** [countable, uncountable] a strong feeling such as love, fear or anger; these feelings considered together; **2.** [uncountable] the part of a person's nature that consists of feelings rather than thought or knowledge.

<sup>262</sup>**archetypal** [a] having all the important qualities that make somebody/something a typical example of a particular kind of person or thing.

<sup>263</sup>**brilliance** [n] [uncountable] **1.** the quality of being extremely impressive, intelligent or skillful; **2.** (*formal*) (of light or colors) the quality of being very bright.

<sup>264</sup>**demonstration** [n] **1.** [countable, uncountable] **demonstration (of something)** an act of giving proof or evidence for something; **2.** [countable] a public meeting or march at which people show that they are protesting against or supporting somebody/something; **3.** [countable] an act of showing or explaining how something works or is done.

<sup>265</sup>**rooted** [a] **1.** **rooted in something** developing from or being strongly influenced by something; **2.** **rooted in something** fixed in 1 place; not moving or changing.

<sup>266</sup>**survive** [v] **1.** [intransitive] to continue to live or exist; **2.** [transitive] to continue to live or exist despite a dangerous event or time; **3.** [transitive] **survive somebody/something** to live or exist longer than somebody/something.

<sup>267</sup>**guidance** [n] [uncountable] **1.** help or advice that is given to somebody, especially by somebody in authority; **2.** the process of controlling the direction or position of something using special equipment.

<sup>268</sup>**uncertainty** [n] (plural **uncertainties**) **1.** [uncountable] the state of not knowing or of not being known exactly; the state of being uncertain; **2.** [countable, usually plural] something that you cannot be sure about; a situation that causes you to be uncertain.

<sup>269</sup>**unavoidable** [a] impossible to avoid or prevent, SYNONYM: **inevitable**, OPPOSITE: **avoidable**.

<sup>270</sup>**unknown** [a] **1.** not known or identified; **2.** (of people) not famous or well known; **3.** never happening or existing; [n] **1.** (**the unknown**) [singular] places or things that are not known about; **2.** [countable] a person who is not well known; **3.** [countable] a fact or an influence that is not known; **4.** [countable] (*mathematics*) a quantity that does not have a known value.

<sup>271</sup>**virtue** [n] **1.** [countable, uncountable] **virtue (of something)** an attractive or useful quality, SYNONYM: **advantage**; **2.** [countable] a particular good quality or habit; **3.** [uncountable] behavior or attitudes that show high moral standards; **by/in virtue of (doing) something** (*formal*) because or as a result of something.

<sup>272</sup>**foundation** [n] **1.** [countable, uncountable] a principle, an idea or a fact that something is based on & that it grows from; **2.** [countable] an organization that is established to provide money for a particular purpose, e.g. for scientific research or charity; **3.** [uncountable] the act of starting a new institution or organization, SYNONYM: **establishment**; **4.** [countable, usually plural] a layer of stone, concrete, etc. that forms the solid underground base of a building; **5.** [uncountable] a skin-colored cream that is put on the face under other make-up.

<sup>273</sup>**wired** [a] **1.** connected to a device or computer network by wires; **2.** (of a glass, material, etc.) containing wires that make it strong or stiff; **3.** (*informal*) excited or nervous; not relaxed; **4.** (*informal, especially North American English*) under the influence of alcohol or an illegal drug.

<sup>274</sup>**universality** [n] **1.** the fact of being done by or involving all the people in the world or in a particular group; **2.** the fact of being true or right at all times & in all places.

*Maps of Meaning* was sparked<sup>275</sup> by Jordan's agonized<sup>276</sup> awareness<sup>277</sup>, as a teenager growing up in the midst<sup>278</sup> of the Cold War, that much of mankind seemed on the verge<sup>279</sup> of blowing up the planet to defend their various<sup>280</sup> identities<sup>281</sup>. He felt he had to understand how it could be that people would sacrifice<sup>282</sup> everything for an "identity," whatever that was. & he felt he had to understand the ideologies<sup>283</sup> that drove totalitarian regimes to a variant<sup>284</sup> of that same behavior: killing their own citizens<sup>285</sup>. In *Maps of Meaning*, & again in this book, 1 of the matters he cautions<sup>286</sup> readers to be most wary<sup>287</sup> of is ideology, no matter who is peddling<sup>288</sup> it or to what end.

Ideologies are simple ideas, disguised<sup>289</sup> as science or philosophy, that purport<sup>290</sup> to explain<sup>291</sup> the complexity<sup>292</sup> of the world & offer remedies<sup>293</sup> that will perfect<sup>294</sup> it. Ideologues<sup>295</sup> are people who pretend<sup>296</sup> they know how to "make the world a better place" before they've taken care of their own chaos within. (The warrior<sup>297</sup> identity that their ideology gives them covers over that chaos.) That's hubris<sup>298</sup>, of course, & 1 of the most important themes of this book, is "set your house in order" 1st, & Jordan provides practical advice on how to do this.

" – Peterson, 2018, Foreword

<sup>275</sup>**spark** [v] to cause something to start or develop, especially suddenly; [n] **1.** a small flash of light produced by an electric current; **2.** a very small burning piece of material that is produced by something that is burning or by hitting 2 hard substances together; **3.** an action or event that causes something important to develop, especially trouble or violence; **4.** [usually singular] **spark of something** a small amount of a particular quality or feeling.

<sup>276</sup>**agonized** [a] (*British English also agonised*) suffering or expressing severe pain or worry.

<sup>277</sup>**awareness** [n] [uncountable, singular] **1.** the fact of knowing that something is true or exists; **2.** concern or interest in a particular situation or development.

<sup>278</sup>**midst** [n] [singular] used after a preposition (*formal*) the middle part of something, SYNONYM: **middle**.

<sup>279</sup>**on the verge of (doing) something** [idiom] very near to the moment when something happens or when somebody does something.

<sup>280</sup>**various** [a] several different.

<sup>281</sup>**identity** [n] (plural **identities**) **1.** [countable, uncountable] the characteristics that make a person or thing who or what they are & make them different from others; **2.** [countable, uncountable] (abbr. **ID**) **identity (of somebody/something)** the fact of being who or what a person or thing is; **3.** [uncountable] the state of being the same as somebody/something; the feeling of having a close association or connection with somebody/something; **4.** [countable] (*mathematics*) an equation that is true for all possible values of the letters in the equation, e.g.,  $(x+1)^2 = x^2 + 2x + 1$ .

<sup>282</sup>**sacrifice** [n] **1.** [countable, uncountable] the fact of giving up something important or valuable to you in order to get or do something that seems more important; something that you give up in this way; **2.** [countable, uncountable] the act of offering something to a god, especially an animal that has been killed in a special way; an animal, etc. that is offered in this way; [v] **1.** [transitive] to give up something that is important or valuable to you in order to get or do something that seems more important for yourself or for another person; **2.** [transitive, intransitive] to kill an animal or a person & offer/them to a god, in order to please the god.

<sup>283</sup>**ideology** [n] (plural **ideologies**) [countable, uncountable] (*sometimes disapproving*) a set of ideas & beliefs that an economic or political system is based on, or that influences the way a person or group behaves. The term **ideology** is sometimes used in a disapproving way to suggest a set of beliefs that are too fixed or not realistic or fair.

<sup>284</sup>**variant** [n] a thing that is a slightly different form or type of something else, SYNONYM: **variation**.

<sup>285</sup>**citizen** [n] **1.** a person who has the legal right to belong to a particular country; **2.** a person who lives in a particular place.

<sup>286</sup>**caution** [n] [uncountable] **1.** care that you take in order to avoid mistakes or danger; **2.** a warning or a piece of advice about a possible danger or risk.

<sup>287</sup>**wary** [a] (**warier**, no superlative) careful when dealing with somebody/something because you think that there may be a danger or problem, SYNONYM: **cautious**.

<sup>288</sup>**peddle** [v] **1.** **peddle something** to try to sell goods by going from house to house or from place to place; **2.** **peddle something** (*usually disapproving*) to spread an idea or story in order to get people to accept it.

<sup>289</sup>**disguise** [v] **1.** to hide the true nature of something so that it cannot be recognized, SYNONYM: **conceal**; **2.** **disguise somebody/yourself (as somebody/something)** to change your appearance so that people cannot recognize you.

<sup>290</sup>**purport** [v] **purport to be/have/do something** (*formal*) to claim to be, have or do something, when this may not be true.

<sup>291</sup>**explain** [v] **1.** [transitive, intransitive] to tell somebody about something in a way that makes it easy to understand; **2.** [intransitive, transitive] to give a reason for something; to be a reason for something.

<sup>292</sup>**complexity** [n] **1.** [uncountable] the state of being formed of many parts; the state of being difficult to understand; **2.** (**complexities**) [plural] **complexity of something** the features of a problem or situation that are difficult to understand.

<sup>293</sup>**remedy** [n] (plural **remedies**) **1.** a way of dealing with or improving an unpleasant or difficult situation, SYNONYM: **solution**; **2.** a treatment or medicine to cure a disease or to reduce pain that is not very serious; **3.** (*law*) a way of dealing with a problem, using the processes of the law, SYNONYM: **redress**; [v] **remedy something** to correct or improve something.

<sup>294</sup>**perfect** [a] **1.** having everything that is necessary; complete & without faults or weaknesses; **2.** completely exact or accurate; SYNONYM: **exact**; **3.** as good as it is possible to be; **4.** very good of its kind; **5.** **perfect for somebody/something** exactly right for somebody/something, SYNONYM: **ideal**; **6.** (*grammar*) connected with the form of a verb that in English consists of part of the verb *have* with the past participle of the main verb, used to express actions completed by the present or a particular point in the past or future; **in an ideal/a perfect world** [idiom] used to say that something is what you would like to happen or what should happen, but you know it cannot; [v] **perfect something** to develop something so that it becomes perfect or as good as possible; [n] (**the perfect**) (also **the perfect tense**) [singular] (*grammar*) the form of a verb that expresses actions completed by the present or a particular point in the past or future, formed in English with part of the verb *have* & the past participle of the main verb.

<sup>295</sup>**ideologue** [n] (also **ideologist**) (*formal, sometimes disapproving*) a person whose actions are influenced by belief in a set of principles (= by an ideology).

<sup>296</sup>**pretend** [v] **1.** to behave in a particular way, in order to make other people believe something that is not true; **2.** (usually used in negative sentences & questions) to claim to be, do or have something, especially when this is not true.

<sup>297</sup>**warrior** [n] (*formal*) (especially in the past) a brave or experienced soldier or fighter.

<sup>298</sup>**hubris** [n] [uncountable] (*literary*) the fact of being too proud. In literature, a character with this quality ignores warnings & laws & this usually results in their downfall & death.

## Chapter 2

# Miscellaneous

### 2.1 Young, Dumb, & Broke

Watch & listen [Youtube/Khalid/Young Dumb & Broke](#).

### 2.2 Existential Crisis

### 2.3 Meaning of Life?

### 2.4 Art of Balancing in Life?

# Tài liệu tham khảo

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