ASSESSING JORDAN B. PETERSON'S CONTRIBUTION TO THE PSYCHOLOGY OF WELLBEING: A BOOK REVIEW OF 12 RULES FOR LIFE

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ABSTRACT

This article first critically examines the Jordan B. Peterson phenomenon and the popular appeal of his book, 12 Rules for Life. It then evaluates this book's contribution to the psychology of wellbeing in four areas: (a) the psychology of religious values, (b) the importance of personal responsibility, (c) accepting suffering as the foundation for wellbeing, and (d) the process of finding one’s meaning based on personal sacrifice and negotiating a balance between chaos and order. Finally, it examines empirical support for his ideas, as well as his contribution to the emerging domain of existential positive psychology. Finally, implications for the future of positive psychology research and interventions are discussed.

KEYWORDS

Jordan B. Peterson

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