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Many people have written to me asking what they should read to properly educate themselves. Here is a list of books that I found particularly influential in my intellectual development. I wrote number thirteen, *Maps of Meaning: The Architecture of Belief*. It was published in 1999. It was heavily influenced by the authors of all the books listed below.

Trigger warning: These are the most terrifying books I have encountered.

In the lecture I included with this post (see below) I discuss the suffering inextricably associated with life, attributing some of it to tragedy, a necessary consequence of human limitation, and the remainder to evil, the conscious and malevolent attempt to worsen Being. I suggest that human beings can tolerate tragedy — even triumph over it, if they are guided by truth — but that evil is a far more insidious, subtle and damaging force.

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Fake Jordan Peterson meat-only diet book at the top of Amazon's 'Toxicology' section

Tech

Posted on Oct 26, 2019 Updated on May 20, 2021, 12:31 am CDT

A book alleged to have been written by Jordan Peterson, the controversial, conservative self-help guru, and his daughter Mikhaila, is at the top of Amazon's "Toxicology" section. According to the book, the pair's "lion diet"—which consists of beef, salt, and water—cured their health issues, depression, and has even led to weight loss.

"Cult leader Jordan Peterson and his grifter daughter's book about how eating only beef and salt will cure you of cancer is currently number one in the toxicology section of Amazon," free speech activist Nathan Boonard pointed out, tweeting a screenshot of the book's Amazon page.

Cult leader Jordan Peterson and his grifter daughter's book about how eating only beef and salt will cure you of cancer is currently number one in the toxicology section of Amazon pic.twitter.com/H8tLXil3M

—Nathan Bernard (@nathanIbernard) October 25, 2019

Upon seeing Boonard's post, Mikhaila Peterson took to Instagram to debunk that the book, called *Our Carnivore Diet*, was written by them.

"Not my book. Not @jordan.b.peterson's either. Duh," Peterson wrote on her Instagram. "Great pics though. I'll make headlines properly when I publish my real book. #toxicology."

Nevertheless, it is widely known that the Petersons do in fact live by an all-beef diet. In February, Peterson tweeted a bikini pic to her dad to publicly prove that she looked healthy, despite her carnivorous diet.

The book is likely poking fun at the duo for their diet.

"I can see the constipation on their faces," Konstantine Anthony tweeted.

<https://twitter.com/KonstantineinCA/status/1187744995186499586>

Twitter user @MattYoungmark noted that it's actually not that hard to earn a top spot on the not-so coveted section.

"Also worth noting that Amazon's 'toxicology' section does not have a lot of books in it and the sales rank on this one indicates that it sold roughly 9 ebooks today to earn that spot," MattYoungmark wrote.

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—Matt Youngmark (@MattYoungmark) October 25, 2019

The book has since fallen to No. 5 in "Toxicology," but it still has managed to secure a No. 2 spot in the "Pharmacology/Toxicology" section.

Amazon did not respond to the Daily Dot's inquiry about why the Petersons are listed as the authors of the book.

Correction: The Petersons deny authoring the book.

READ MORE:

- [Twitter bullies brought Jordan Peterson to tears](#)
- [Jordan Peterson documentary screening canceled by New York venue](#)
- [Jordan Peterson's daughter tweets her dad a bikini pic to prove her good health](#)

H/T Nathan Boonard

*First Published: Oct 26, 2019, 1:52 pm CDT

Tiffanie Drayton

Tifanie Drayton is a geek culture and lifestyle reporter whose work covers everything from gender and race to anime and Xbox. Her work has appeared in Complex, Salon, Marie Claire, Playboy, and elsewhere.



Jordan & Mikhaila Peterson – Our Carnivore Diet: How to cure Depression and Disease with Meat only: Revised Transcripts and Blogposts. Featuring Dr. Shawn Baker.



Sydney Blackburn

3 years ago

They (the alleged authors) say it's a fake and I notice Amazon has removed it. Still a lousy cover, though, fake book or not, not gonna argue that...

0



Invaderhorizongreen

3 years ago

I will say despite being fake, that is one hell of a sunburn

1



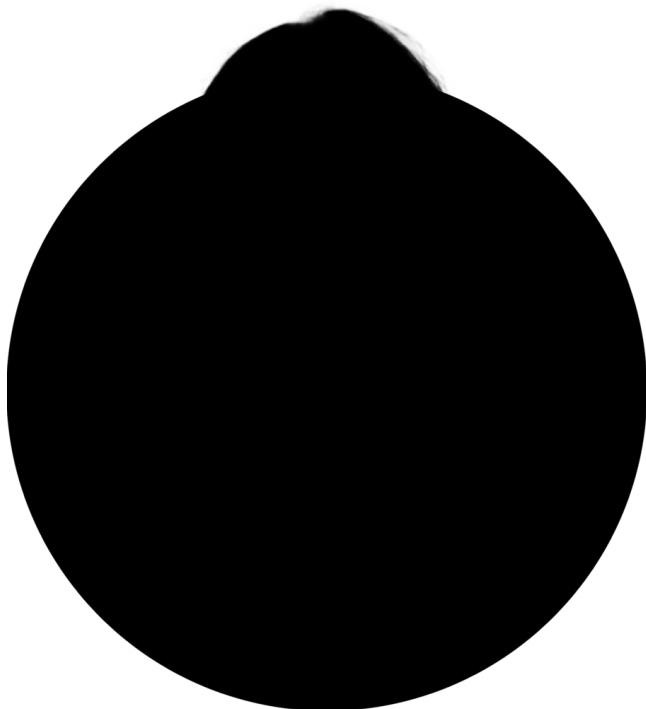
B.L. Alley

3 years ago

Being a meat-only diet, shouldn't the people on the cover be more dead?

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CEO, Podcaster, Lifestyle & Diet Blogger | Mikhaila Peterson





CEO, PODCASTER, LIFESTYLE & DIET BLOGGER

Mikhaila Peterson is a podcaster, and CEO. She hosts experts on “The Mikhaila Peterson Podcast” to discuss topics aimed at improving the human experience. Her background of overcoming autoimmune and mood disorders with diet and lifestyle (and subsequently becoming medication and symptom-free) has inspired thousands. Mikhaila encourages people to become resilient, and inspires others to take responsibility for their physical and mental health, regardless of the cards they’ve been dealt.

Featured on

Latest Podcast

#172 – Carnivore Q&A

This month marks five years for me on an all meat diet. So I thought we could celebrate by answering some of the most common questions I get.

The Lion Diet

The Lion Diet is a carnivorous diet that consists solely of ruminant meat (beef, lamb, goat, etc.), salt, and water. It’s the ultimate elimination diet. It eliminates all other dietary variables, and sustains your body’s nutritional needs, allowing you to thrive. How else do you scientifically and accurately test what foods are bugging you? You remove them all, start with one food that gives you everything you need, wait until your symptoms abate, and slowly reintroduce foods.



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I’d love to keep you updated. Sign up here and I’ll send you my latest blog posts, research, news, tips, and updates. The best way to stay connected given potential censorship.

Jordan & Mikhaila Peterson - Our Carnivore Diet

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Open Preview

See a Problem?

We'd love your help. Let us know what's wrong with this preview of *Jordan & Mikhaila Peterson - Our Carnivore Diet* by Mikhaila Peterson.

Thanks for telling us about the problem.

Friend Reviews

To see what your friends thought of this book, please sign up.

Reader Q&A

Be the first to ask a question about *Jordan & Mikhaila Peterson - Our Carnivore Diet*

Community Reviews



Start your review of *Jordan & Mikhaila Peterson - Our Carnivore Diet: How to cure Depression and Disease with Meat only: Revised Transcripts and Blogposts. Featuring Dr. Shawn Baker.*



Feb 05, 2021 Mark Bacon rated it did not like it
This book is fraudulent.

Posting this because I never heard of this book until hearing about it on reddit. I feel compelled to post this review here because for some reason the author is stating it's written by Mikhaila Peterson lol. It was not. Just look at the cover xD

The author is a german Youtuber "Johnny Rockermeier" and he wrote this without their permission.

According to The Post Millennial, the man who published the book on Amazon is German YouTuber Johnny Rockermeier. The book transcribe

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The author is a german Youtuber "Johnny Rockermeier" and he wrote this without their permission.

According to The Post Millennial, the man who published the book on Amazon is German YouTuber Johnny Rockermeier. The book transcribes comments, interviews, and YouTube footage of Dr. Peterson and his daughter, without their approval. Source: <https://www.lacortenews.com/n/jordan-...>

"Dr Jordan Peterson and his daughter Mikhaila have informed their lawyers about the book "Our Carnivore Diet", currently sold on Amazon and fraudulently attributed to them, but failed to do so in time to prevent it from hitting the electronic store's shelves, The Post Millennial reported.

Mikhaila told the media outlet that she and her dad had been contacted by Johnny Rockermeier, a German YouTuber reportedly behind the book, who informed them of his intent to publish it. She added that they forwarded Rockermeier's email to their lawyers and sought to prohibit him from publishing it, but to no avail."

Tweet by Mikhaila: "THIS ISN'T OUR BOOK OBVIOUSLY. JESUS. People are so stupid it shocks me constantly."

...more



Oct 29, 2019 infrated it did not like it

There's a huge cottage industry of unqualified health gurus dishing out advice because they think it helped them turn their life around. Most of the time it's somebody who makes some lifestyle changes - some of which include dieting - and attributes their recovery entirely to the food they ate.

This is precisely the case with Mikhaila Peterson (and her father, Jordan Peterson, who is responsible for the popularity of Mikhaila's work). The Petersons were plagued by both physical and mental illness

There's a huge cottage industry of unqualified health gurus dishing out advice because they think it helped them turn their life around. Most of the time it's somebody who makes some lifestyle changes - some of which include dieting - and attributes their recovery entirely to the food they ate.

This is precisely the case with Mikhaila Peterson (and her father, Jordan Peterson, who is responsible for the popularity of Mikhaila's work). The Petersons were plagued by both physical and mental illness for many years. Instead of sorting out their sedentary lifestyle and junk food consumption, they resorted to antidepressants, painkillers, and a stack of other drugs. This is the unfortunate case for a large proportion of Americans.

In recent years, Peterson started eating more healthily, cutting out anything but meat and vegetables - this is the premise of her revolutionary nutrition method that nobody has ever thought of before: eliminate everything then gradually add foods to make sure you can tolerate them. Further, she came off her medication and started exercising. Instead of seeing this as a general lifestyle change, she jumps to the conclusion that meat is what saved her life, and advises you to do the same no matter what your condition is.

There's no science in any of her work; it's all anecdotal and when studies are referenced she misinterprets their findings to fit her narrative. The rigour of her arguments is at about the level you see in tabloid newspapers, ripe with wild unsubstantiated claims.

It's also worth pointing out that the Petersons suffer with celiac disease and have trouble digesting foods which for most people are completely fine. This is why the rest of the world isn't dying just because they eat things other than meat.

Here's a story that really captures the essence of what the Petersons' comprehension of nutrition. Jordan Peterson once drank some cider vinegar and claimed that he literally didn't sleep a minute for 25 days straight because of it.

Note: although this book wasn't published by Peterson, it contains content from her blog and interviews, so everything still stands.

...more



Aug 12, 2020 Tommy Anansi rated it did not like it

I can't believe it needs to be explained to some people why you can't just eat nothing but meat for the rest of your life. I can't believe it needs to be explained to some people why you can't just eat nothing but meat for the rest of your life.

...more



Peterson.... Wtf. How can one person be so intelligent and yet so stupid at the same time is beyond me.



Dec 01, 2020 C rated it did not like it
lol

ketards are just as naive as vegans lmao

News & Interviews



Mateo Askaripour is a Brooklyn-based writer whose first novel, *Black Buck*—which Colson Whitehead calls a “mesmerizing novel, executing a high..

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Jordan And Mikhaila Peterson - Our Carnivore Diet?

Jordan Peterson and Mikhaila Peterson are the co-authors of the book, “Our Carnivore Diet.” They are both clinical psychologists and have worked with patients whose diets have harmed their health. They decided to write the book in order to help others make informed choices about their diets.

The Peterson’s suggest that humans are best suited as carnivores, meaning that our ancestors were primarily meat-eaters. They argue that a carnivore diet is healthier for us than a plant-based diet. There are a few reasons for this. First, a plant-based diet is high in carbohydrates and processed foods. These foods are not as healthy for us as meat. Second, a plant-based diet can be high in toxins. These toxins can harm our health. Third, a plant-based diet can be low in essential vitamins and minerals. These vitamins and minerals are essential for a healthy body.

The Peterson’s suggest that a carnivore diet is best for people who want to lose weight. A plant-based diet is not as effective at weight loss. A carnivore diet is high in healthy fats and low in carbohydrates. These fats help to burn calories. The Peterson’s also suggest that a carnivore diet is best for people who want to maintain their weight. A plant-based diet is not as effective at maintaining weight. A carnivore diet is high in healthy proteins and low in carbs. These proteins help to keep you feeling full longer.

How to Cook a Carnivore Diet Perfectly?

If you’re looking to cook a carnivore diet perfectly, it all starts with understanding what a carnivore diet is and why it’s so important.

A carnivore diet is defined as a diet that consists almost entirely of animal protein. This means that you’ll be eating things like beef, lamb, pork, chicken, fish, and insects.

There are a few reasons why a carnivore diet is so important. For one, it’s a great way to boost your overall health. A diet that consists almost entirely of animal protein is high in protein, which is a nutrient that’s essential for good health.

Another reason why a carnivore diet is so important is because it’s a great way to lose weight. A diet that consists almost entirely of animal protein is

Carnivore Diet Recipes?

Carnivore Diet Recipes are perfect for anyone looking to follow a high-protein, low-carbohydrate diet. These recipes are specifically designed to provide all of the necessary nutrients and vitamins for a healthy body. Carnivore Diet Recipes are also a great way to mix up your diet and to enjoy different flavors and textures.

Carnivore Diet Tips?

Dear Carnivore Dieters,

I’m a professional writer and I’ve been studying the Carnivore Diet for the past few months. I want to offer some tips that may help you stick to your carnivorous diet.

First of all, make sure you’re getting the right amount of protein. A Carnivore Diet requires between 18-35 grams of protein per day, which is about the equivalent of two to three chicken breasts.

Second, make sure you’re getting your vitamins and minerals. A Carnivore Diet requires a minimum of vitamin B12 and iron, as well as some vitamin D. Make sure to supplement with these nutrients if you’re not getting enough in your diet.

Third, be sure to eat enough fruits and vegetables. A

The Health Benefits of a Carnivore Diet?

There are many health benefits to a carnivore diet, which is a diet consisting mostly of animal protein. Some of the benefits of a carnivore diet include:

- Increased Strength and Muscle Mass

A carnivore diet is great for increasing strength and muscle mass because it is high in protein. Protein is the building block of muscle tissue and is essential for muscle growth and recovery.

- Reduced Risk of Cardiovascular Disease

A carnivore diet is associated with a reduced risk of cardiovascular disease because it is high in antioxidants and plant-based proteins. Carnivores have a higher intake of antioxidants, which protect against damage to cells caused by free radicals. Plant-based proteins are also a good source of nutrients, including fiber, vitamins, and minerals, which can

The Top Carnivore Diet Myths?

There are a few myths around the carnivore diet that need to be debunked.

Myth #1: A carnivore diet is only good for muscle growth.

This is not necessarily the case. A carnivore diet can also be great for weight loss, as the high-quality protein and fat will help you burn more calories.

Myth #2: A carnivore diet is hard to follow.

This is not necessarily the case. In fact, a carnivore diet can be quite simple and easy to follow. All you need is to make sure you are getting enough protein and fat.

Myth #3: A carnivore diet is expensive.

This is not necessarily the case. In fact, a carnivore diet can be quite affordable, as

The Top Carnivore Diet Benefits?

There are many benefits to following a carnivore diet, including:

- **Increased Metabolism:** A carnivore diet is high in protein and low in carbohydrates, which helps to increase your metabolism.
- **Reduced Risk of Chronic Diseases:** A diet high in protein and low in carbohydrates is linked to a reduced risk of chronic diseases, including heart disease, stroke, and type 2 diabetes.
- **Reduced Risk of Weight Gain:** A diet high in protein and low in carbohydrates is also linked to a reduced risk of weight gain.
- **Increased Energy:** A high-protein diet can help you feel more energetic and focused throughout the day.
- **Lower Blood Pressure:** A diet high in protein and low in carbohydrates can lower your blood pressure.

Carnivore Diet?

There is no one-size-fits-all answer when it comes to dieting. That's why we've created the Carnivore Diet.

The Carnivore Diet is based on the principle that you should eat only meat, fish, poultry, eggs, and vegetables. That's it! There are no grains, dairy, or processed foods allowed.

The Carnivore Diet is a very restrictive diet, but it's also very effective. It's helped many people lose weight and improve their health.

The Carnivore Diet is a very healthy diet. It's rich in protein and healthy fats. It's also low in calories and cholesterol.

The Carnivore Diet is

How to Transition to a Carnivore Diet?

When it comes to transitioning to a carnivore diet, there are a few things you need to keep in mind.

First, you'll need to make sure you're getting all of the nutrients your body needs. A balanced diet of meat, vegetables, and fruit is essential for sustained health and success on a carnivore diet.

Second, you'll want to make sure you're getting enough protein. A good way to do this is by including meat in your diet multiple times a day, along with other high-protein foods like nuts, seeds, and legumes.

Third, you'll need to make sure you're getting enough omega-3 fatty acids. These fatty acids help to prevent heart disease, cancer, and other chronic illnesses. You can

How to Stick to a Carnivore Diet?

There are a few things you can do to stick to a carnivore diet. First, you'll want to make sure you're getting all of your nutrients from meat. Carnivores need plenty of protein, iron, zinc, and other vitamins and minerals to function properly. Second, pay attention to the kinds of meat you're eating. Lean meat is the best choice for a carnivore diet, as it has the least amount of fat and calories. Finally, be sure to track your food intake and make sure you're getting the right amount of protein, fat, and carbs.

Jordan & Mikhaila Peterson - Our Carnivore Diet: How to...

Jordan & Mikhaila Peterson - Our Carnivore Diet: How to cure Depression and Disease with Meat only: Revised Transcripts and Blogposts. Featuring Dr. Shawn Baker.

This book contains the most important Information Nuggets by Dr. Jordan Peterson and his daughter Mikhaila Peterson regarding their carnivore diet - or their "lion diet". For every paperback sold, Mikhaila and her father Dr. Jordan Peterson will receive 1 \$ directly.

The book offers 11 Chapters of revised transcripts and blogposts by Mikhaila Peterson on: how they cured their disease, depression and health issues with the carnivore diet and - how ill people could start this kind of eating as well. The Transcripts are as follows:

1. The Agenda with Steve Paikin "Digesting Depression"2. Joe Rogan Podcast #10703. Joe Rogan Podcast #11394. Podcast Interview of Mikhaila Peterson with Robb Wolf, including blood work5. Podcast Interview with Ivor Cummins6. Talk by Mikhaila Peterson at the Carnivore Conference in Boulder, 20197. Mikhaila Peterson's Introduction of her "Lion Diet" on YouTube8. Bonus-Transcript: Dr. Shawn Baker talking about his coronary calcium score and overall health status with years of being carnivore.

Furthermore, there are some blogposts by Mikhaila Peterson from her Website <https://mikhailapeterson.com/>

There are 12 images in this book.

133 pages, Kindle Edition

Published September 29, 2019

About the author

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