Abstract: A left-order on a group is a linear order which is invariant under the left translations, and a bi-order is a linear order which is invariant under both left and right translations. Having a torsion element in a group is an obstruction to left-orderability; similarly, having a generalized torsion is an obstruction to bi-orderability. For many classes of groups (e.g. one-relator groups), the absence of torsion implies left-orderability. Similarly, the absence of generalized torsion often implies bi-orderability.