



The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living

Ryan Holiday, Stephen Hanselman

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A beautifully packaged daily devotional of Stoic wisdom, featuring new translations of the most celebrated Stoics with historical context and practical tips from bestselling author Ryan Holiday.

Stoic philosophy has long been the secret weapon of history's greatest and wisest leaders--from emperors to artists, activists to fighter pilots. Today, people of all stripes are seeking out Stoicism's unique blend of practicality and wisdom as they look for answers to the great questions of daily life.

Where should they start? Epictetus? Marcus Aurelius? Seneca? Which edition? Which translator? Presented in a page-per-day format, this daily resource combines all new translations done by Stephen Hanselman of the greatest passages from the great Stoics (including several lesser known philosophers like Zeno, Cleanthes and Musonius Rufus) with helpful commentary.

Building on the organizational structure in Ryan Holiday's cult classic *The Obstacle is the Way*, this guide also features twelve monthly themes (and helpful glossary) for clarifying perception, improving action, and unlocking the power of will. Aimed at the high-octane, action-oriented doers of our wired world, this book brings new daily rituals and new perspectives to produce balanced action, insight, effectiveness, and serenity.

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