



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

By Ryan Holiday, Stephen Hanselman



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From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations.

Why have history's greatest minds - from George Washington to Frederick the Great to Ralph Waldo Emerson along with today's top performers, from Super Bowl-winning football coaches to CEOs and celebrities - embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise.

The Daily Stoic offers a daily devotional of Stoic insights and exercises, featuring all-new translations from Emperor Marcus Aurelius, playwright Seneca, and slave-turned-philosopher Epictetus as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year, you'll find one of their pithy, powerful quotations as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come), you'll find the serenity, self-knowledge, and resilience you need to live well.

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