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# The Daily Stoic: 366 Meditations On Wisdom, Perseverance, And The Art Of Living

THE
DAILY STOIC

366 MEDITATIONS
ON WISDOM,
PERSEVERANCE, AND
THE ART OF LIVING

FEATURING NEW TRANSLATIONS OF SENECA, EPICTETUS, AND MARCUS AURELIUS

RYAN HOLIDAY
Bestselling Author of THE OBSTACLE IS THE WAY
and STEPHEN HANSELMAN



# **Synopsis**

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 mindsâ "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 celebritiesâ "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 the Emperor Marcus Aurelius, the playwright Seneca, or 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.Â

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