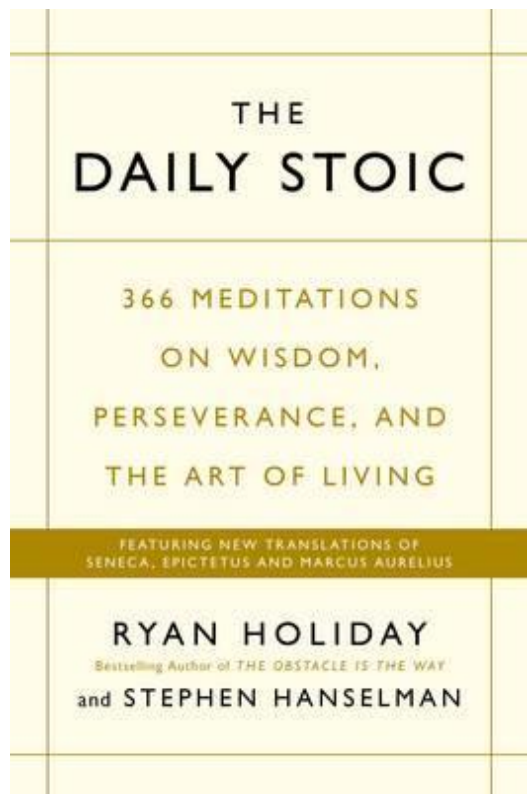


[EPUB Download] The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living: Featuring new translations of Seneca, Epictetus, and Marcus Aurelius Full Book



Book details:

Author: *Ryan Holiday*

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Plot:

Where can you find joy? What's the true measure of success? How should we manage anger? Find meaning? Conquer grief? The answers to these questions and more lie at the heart of Stoic philosophy. The Daily Stoic is a compelling, accessible guide to living a good life, offering daily doses of this classic wisdom. Long the secret weapon of history's great figures, from emperors to artists and activists to fighter pilots, the principles of Stoicism have shone brightly through the centuries as a philosophy for doers. Tested in the laboratory of human experience over the last two thousand years, this timeless knowledge is essential to navigating the complexities of modern life. The Daily Stoic offers a daily devotional of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, and the slave-turned-philosopher Epictetus, as well as diamonds like Zeno, Cleanthes and Musonius Rufus. On each page, one for every day of the year, you'll find one of their pithy, powerful quotations, as well as historical anecdotes and provocative commentary to help you tackle

any problem or approach any goal. 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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Review quote

If Stoicism is becoming trendy, you can credit, or blame, Mr. Holiday. * New York Times * The Daily Stoic follows up on the success of [The Obstacle Is The Way] by providing a year of quotations and life lessons drawn from the three great Stoic sages. * Wall Street Journal * A generous gift of guidance on modern living culled from a canon of wisdom hatched long ago. -- Maria Popova, editor of Brain Pickings A richly rewarding spring of practical wisdom to help you focus on what's in your control, eliminate false and limiting beliefs, and take more effective action. Make The Daily Stoic your guide and you will grow in clarity, effectiveness, and serenity each day! -- Jack Canfield, co-author of 'The Success Principles' (TM) and the 'Chicken Soup for the Soul' (R) series A treasure for managing our choices, overcoming self-deception, and learning to act according to the true worth of things -- Joseph A. Maciariello, author of 'The Daily Drucker' Whether you're a lowly cubicle slave or a US Senator, this book will help you find your still center. -- Gregory Hays, translator of The Modern Library's edition of Marcus Aurelius' 'Meditations'; Professor of Classics and Director of Undergraduate Studies at the University of Virginia The Daily Stoic is a treasure for managing our choices, overcoming self-deception, and learning to act according to the true worth of things while keeping the common good always in view. Caring for the soul in this way makes not only better people, but a stronger society too. -- Joseph A. Maciariello, Professor Emeritus at Drucker and Ito Graduate Management School; author of The Daily Drucker, The Effective Executive in Action, and A Year with Peter Drucker Really digging this. -- Debra Messing, actress Praise for The Obstacle is the Way: 'A book for the bedside of every future - and current - leader in the world. -- Robert Greene, author of The 48 Laws of Power and Mastery [The book that's] turning the entrepreneurs and the moguls into hard-wired stoics * The Times * Ryan Holiday is part Machiavelli, part Ogilvy ... this whiz kid is the secret weapon you've never heard of. -- Tim Ferriss, author of The 4-Hour Work Week

About Ryan Holiday

Ryan Holiday is the bestselling author of Growth Hacker Marketing, The Obstacle is the Way and Ego is the Enemy. His books have been translated into 17 languages and his writing has appeared everywhere from the Columbia Journalism Review to Fast Company. Stephen Hanselman has worked for over three decades in publishing as a bookseller, publisher and literary agent. He received a Master's degree at Harvard Divinity School, while also studying at Harvard's philosophy department.