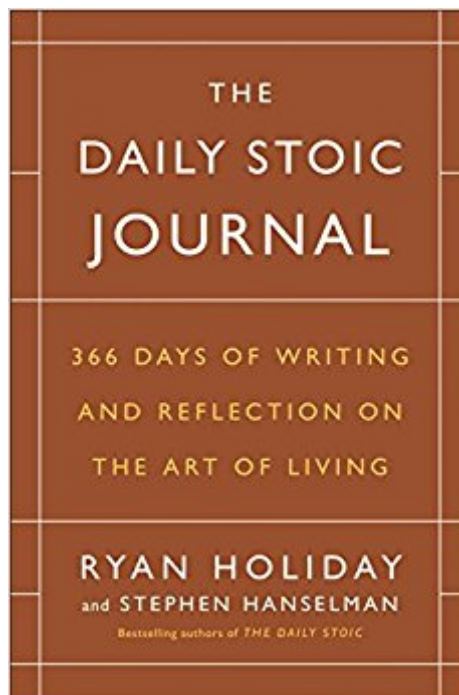




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The Daily Stoic Journal: 366 Days Of Writing And Reflection On The Art Of Living



Synopsis

For thousands of years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers and ordinary citizens. With theÂ acclaimed, bestselling books *The Obstacle is the Way*, *Ego is the Enemy* and *The Daily Stoic*, Ryan Holiday and Stephen Hanselman have helped to bringÂ the Stoicism of Marcus Aurelius, Seneca and Epictetus to hundreds of thousands of new readersÂ all over the world. Â Now Holiday and Hanselman are back with *The Daily Stoic Journal*, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives.Â Readers will find weekly explanations and quotations to inspire deeper reflection on Stoic practices, daily prompts, and a helpful introduction explaining the various Stoic tools of self-management. Â This is the perfect companion volume for people who already love *The Daily Stoic*, its popular daily emails and social media accounts, and can also be used as a stand-alone journal. For anyone seeking inner peace, clarity and effectiveness in our crazy world, this book will help them immensely for the next yearâ and for the rest of their lives.

Book Information

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Customer Reviews

Ryan HolidayÂ is the bestselling author of multiple books, includingÂ *The Obstacle Is the Way* andÂ *Ego Is the Enemy*.Â His books have been translated in twenty languages and his writing has appeared everywhere from theÂ *Columbia Journalism Review*Â toÂ *Entrepreneur*Â andÂ *Fast Company*. He lives in Austin, Texas.Â VisitÂ www.DailyStoic.com. Â Stephen HanselmanÂ has worked for more than three decades in publishing as a bookseller, publisher and literary agent. He

is a graduate of Harvard Divinity School, where he received a master's degree while also studying extensively in Harvard's philosophy department. He lives with his family in South Orange, New Jersey.

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