



**The Daily Stoic: 366 Meditations on Wisdom,
Perseverance, and the Art of Living: Featuring
new translations of Seneca, Epictetus, and Marcus
Aurelius**



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Ryan Holiday, Stephen Hanselman

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Format: Kindle eBook

Kurzbeschreibung

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 Zenon, 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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"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."

—**The Wall Street Journal**

"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*

"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*™ and the *Chicken Soup for the Soul*® series

"*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 The Peter F. Drucker and Masatoshi Ito Graduate School of Management; author of *The Daily Drucker*, *The Effective Executive in Action*, and *A Year with Peter Drucker*

"*The Daily Stoic* offers all who seek a calm, wise life a daily spiritual anchor. This book will keep you strong across dark times and steady and clear no matter what your circumstances happen to be. Keep this treasure close and it will care for you."

—**Sharon Lebell**, interpreter of *The Art of Living* by Epictetus

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