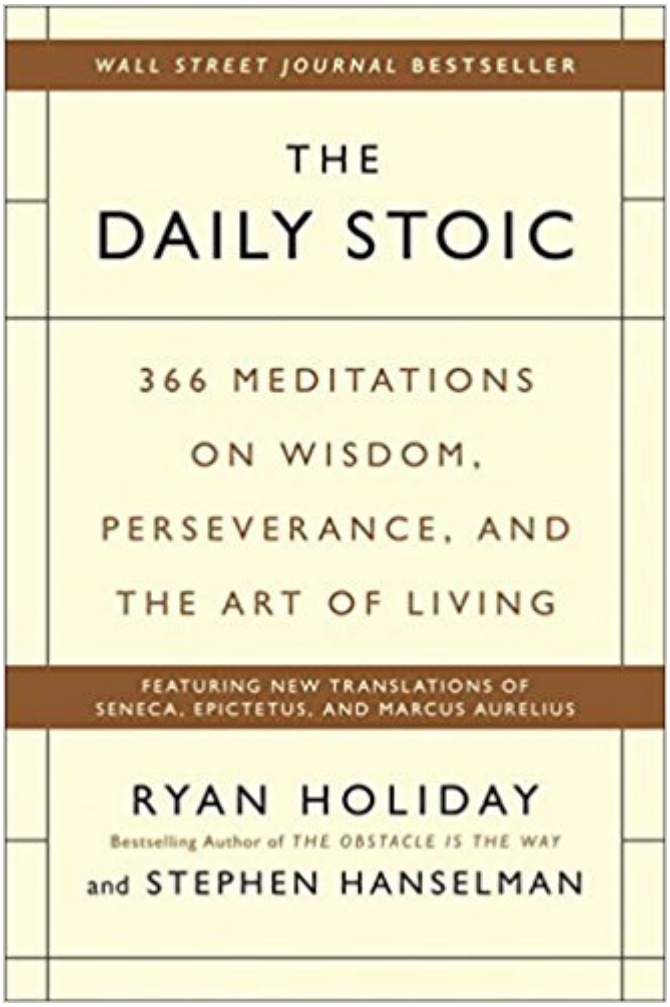
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The Daily Stoic: 366 Meditations On Wisdom, Perseverance, And The Art Of Living



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Synopsis

From the team that brought youÃ Â The Obstacle Is the WayÃ Â andÃ Â Ego Is the Enemy, a beautiful daily devotional of Stoic meditationsÃ¢â ¬â •an instant Wall Street Journal and USA Today Bestseller.Why have history's greatest mindsÃ¢â ¬â •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 celebritiesÃ¢â ¬â •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 366 days 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.Ã Â

Book Information

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Customer Reviews

"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.Ã¢â ¬Â•Ã¢â ¬â •The Wall Street Journal"Whether you're a lowly cubicle slave or a US Senator, this book will help you find your still center." Ã¢â ¬â •Gregory Hays, translatorÃ Â ofÃ Â The Modern Library's

editionÃ Â ofÃ Â Marcus Aurelius' Meditations"A generous gift of guidance on modern living culled from a canon of wisdom hatched long ago."Ã¢â ¬â •Maria Popova,Ã Â 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. MakeÃ Â The Daily StoicÃ Â your guide and you will grow in clarity, effectiveness, and serenity each day!"Ã Â Ã¢â ¬â •Jack Canfield, co-author ofÃ Â The Success PrinciplesÃ¢â Â¢Ã Â and theÃ Â Chicken Soup for the SoulÃ Â®Ã Â series Ã Â "The Daily Stoic is a treasure for managingÃ Â 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."Ã Â Ã¢â ¬â •Joseph A. Maciariello, Professor Emeritus atÃ Â The Peter F. Drucker and Masatoshi Ito Graduate School of Management;Ã Â author of The Daily Drucker, The Effective Executive in Action,Ã Â andÃ Â A Year with Peter DruckerÃ Â "The Daily StoicÃ Â 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.Ã¢â ¬Â• Ã¢â ¬â •Sharon Lebell, interpreter of The Art of Living by Epictetus

Ryan HolidayÃ Â is the bestselling author of multiple books, includingÃ Â The Obstacle Is the Way andÃ Â Ego Is the Enemy.Ã Â His books have been translated in twenty-eight languages and his writing has appeared everywhere from theÃ Â Columbia Journalism ReviewÃ Â toÃ Â EntrepreneurÃ Â andÃ Â Fast Company. He lives in Austin, Texas.Ã Â VisitÃ Â www.DailyStoic.com.Ã Â Stephen Hanselman 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.

I grew up with my momÃƒÂ¢Ã â ¬Ã â„¢s daily meditation book on an end table in our living room. The spine was broken, pages browned, a tasseled bookmark showed the date as reliably as my iPhone. She still reads it every day."The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Daily Living" is the meditation book my son will remember, the one I'll read every day. It's now on my end table with a red ribbon marking the season.The Daily Stoic isnÃƒÂ¢Ã â ¬Ã â„¢t simply a book to make me think, itÃƒÂ¢Ã â ¬Ã â„¢s an action guide, a ÃƒÂ¢Ã â ¬Ã Å“prescription for handling ourselves and our actions in the world.ÃƒÂ¢Ã â ¬Ã Â• The great Stoics remind me never to be satisfied with learning--I must always be doing. In order to

lead a successful life, I must practice cutting through distractions and desires to get to things that matter.ThatÃƒÂ¢Ã â ¬Ã â„¢s the only way to become a better human being.
ThatÃƒÂ¢Ã â ¬Ã â„¢s the call to action IÃƒÂ¢Ã â ¬Ã â„¢m getting from this book--you will, too.In "The Daily Stoic," Stephen Hanselman and Ryan Holiday have curated works by the great Stoic philosophers--Epictetus, Marcus Aurelius, Seneca, weaving in modern thinkers and situations I can use immediately. Each month has a specific theme such as clarity, right action, duty, awareness, and problem solving. Lessons build on prior themes, creating an easy-to-use teaching tool out of philosophers that can often be overwhelming.I love this book for its excellent translations and applicable life lessons. Each meditation has just enough to challenge me and help me feel I can put the thoughts into action today.

Ryan Holiday is a best-selling author (ÃƒÂ¢Ã â ¬Ã Å“Trust Me IÃƒÂ¢Ã â ¬Ã â„¢m Lying,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“Ego is the Enemy,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“The Obstacle is the WayÃƒÂ¢Ã â ¬Ã Â•) and a blogger. He brands himself as someone focused on life, dealing with idiots, how to be self-critical and self-aware, humility, philosophy, reading and strategy.I became aware of Holliday when I read and reviewed his thoughtful and helpful book ÃƒÂ¢Ã â ¬Ã Å“The Obstacle is the Way.ÃƒÂ¢Ã â ¬Ã Â• It is a book about stoicism, the ancient Greek philosophy and its principles, which has sold more than 100,000 copies and has been translated into 17 languages. Stoicism is an ancient Hellenistic philosophic school founded in Athens that promoted the daily management of self. It teaches 1) that virtue, the highest good, is based on knowledge, and 2) that the wise live in harmony with the divine Reason (also identified with Fate and Providence) that governs nature. These principles are indifferent to the vicissitudes of fortune and to pleasure and pain.Some will be familiar to readers, others will not:o Seize life and take advantage of it.o If you seek tranquility, do less.o It can ruin your life only if it ruined your character. Otherwise, it cannot harm you ÃƒÂ¢Ã â ¬Ã â œ inside or out.o Do what we can, endure and bear what we must.o None of what we do lasts, no matter how clever or brilliant.o So if we throw out other peopleÃƒÂ¢Ã â ¬Ã â„¢s recognition, what is left for us to prize?Stoics include Marcus Aurelius, Cicero, Ralph Waldo Emerson, Viktor Frankle, Ruben Carter, Ulysses S Grant, Thomas Jefferson, Napoleon, Churchill, Steve Jobs, Seattle Seahawks Coach Pete Carroll, CubÃƒÂ¢Ã â ¬Ã â„¢s Manager Joe Maddon, and thousands more.ÃƒÂ¢Ã â ¬Ã Å“Stoicism as a philosophy is really about the mental game,ÃƒÂ¢Ã â ¬Ã Â• Holiday says. ÃƒÂ¢Ã â ¬Ã Å“It is not a set of ethics or principles. It is a collection of spiritual exercises designed to help people through the difficulty of life by managing emotion; specifically, non-helpful emotion.ÃƒÂ¢Ã â ¬Ã Â•In

ÃƒÂ¢Ã â ¬Ã Å“Daily Stoic,ÃƒÂ¢Ã â ¬Ã Â• Holiday provides 366 daily meditations on wisdom, perseverance, and the art of living. He provides a year of quotations and life lessons drawn from the three great Stoic sages -Seneca the Younger, Epictetus (a freed slave) and Emperor Marcus Aurelius. The meditations are organized under three primary topics (similar to those in ÃƒÂ¢Ã â ¬Ã Å“The Obstacle isÃƒÂ¢Ã â ¬Ã Â|ÃƒÂ¢Ã â ¬Ã Â•) ÃƒÂ¢Ã â ¬Ã Å“The Discipline of Perception,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“The Discipline of Action,ÃƒÂ¢Ã â ¬Ã Â• and the ÃƒÂ¢Ã â ¬Ã Å“Discipline of Will.ÃƒÂ¢Ã â ¬Ã Â• Each topic is further divided into monthly themes: ÃƒÂ¢Ã â ¬Ã Å“Clarity,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“Passions and Emotions,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“Awareness,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“Unbiased Thought,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“Right Action,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“Problem Solving,ÃƒÂ¢Ã â ¬Ã Â•
ÃƒÂ¢Ã â ¬Ã Å“DutyÃƒÂ¢Ã â ¬Ã Â•ÃƒÂ¢Ã â ¬Ã Å“Pragmatism,ÃƒÂ¢Ã â ¬Ã Â•
ÃƒÂ¢Ã â ¬Ã Å“Fortitude and Resilience,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“Virtue and Kindness,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“Acceptance,ÃƒÂ¢Ã â ¬Ã Â• and ÃƒÂ¢Ã â ¬Ã Å“Meditations on Mortality.ÃƒÂ¢Ã â ¬Ã Â•Paul Tillich noted that Stoicism is ÃƒÂ¢Ã â ¬Ã Å“the only real alternative to Christianity in the Western world.ÃƒÂ¢Ã â ¬Ã Â• It came to many of the same conclusions about how to think and live. Both are characterized by:ÃƒÂ Ã Æ’Ã Ëœ An emphasis on hardship.ÃƒÂ Ã Æ’Ã Ëœ A sense of manÃƒÂ¢Ã â ¬Ã â„¢s depravity and a constant self-examinationÃƒÂ Ã Æ’Ã Ëœ An inner freedom from the world.ÃƒÂ Ã Æ’Ã Ëœ An aversion to excess.The goal of Stoicism is to attain inner peace. The meditations of the ÃƒÂ¢Ã â ¬Ã Å“Daily StoicÃƒÂ¢Ã â ¬Ã Â• can be a help in overcoming adversity, practicing self-control, being conscious of our impulses, realizing how short life is and making the most of it. The principles within Stoicism are, perhaps, the most relevant and practical sets of rules for those who choose to embrace the obstacles of life. They are the tools that are immediately practical to our current endeavors.Thought-provoking, soul-searching exercises are included with each daily meditation. ÃƒÂ¢Ã â ¬Ã Å“The Daily StoicÃƒÂ¢Ã â ¬Ã Â• is an excellent way to begin or end each day.

If you are a fan of any of Ryan Holidays books The Daily Stoic is right up your alley. I had already read Ego is the Enemy and The Obstacle is the Way and Brandon Carter reccomended I get The Daily Stoic and I have been nothing but impressed. I reccomend you read Marcus Aurelius-Meditations because Ryan Holiday references Marcus and his philosophy in this book a lot.

An excellent introduction to the philosophy of Stoicism, Ryan Holiday's The Daily Stoic provides a practical, pragmatic manual for living a life of virtue, reason, and tranquility. Holiday quotes ancient philosophers' sage advice in a daily calendar format and provides colloquial translations and illustrations. One can enjoy this book as a daily meditation book and/or as a basic guide to Stoic philosophy. I also appreciated the glossary of Greek words and concepts with translations provided at the end of the book.

Awesome book. Illuminating. Easy to digest one page chunks. The Stoics were ahead of their time on self-help and Mr. Holiday zeros in on why. Buy this book and help yourself get out of your own way; help yourself banish impulsive and emotional reactions; and help yourself realize the great potential that exists in all of us.

It's awesome. Amazing how 2 minutes of reading every morning can keep me sane for a whole day. I can feel my progress in the past 3.5 months.

Great book! After the first few pages, it is set up for daily readings. One mediation each day, from the minds of the great stoics, with a 1/2 page of the author's interpretation to align them with current times.

A nice lesson in stoicism daily delivered. I have a steno notebook and I do the reading and reflect some thoughts for each day. It is not time consuming, about 5 minutes a day. With the steno journal I have a record to reflect on after the year is out.One should always take the opportunity to improve oneself. Stoic philosophy uses this and the realization of being able to differentiate between the things in our control and things not of our control and to only concern ourselves with the former rather than waste the time on the latter.

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