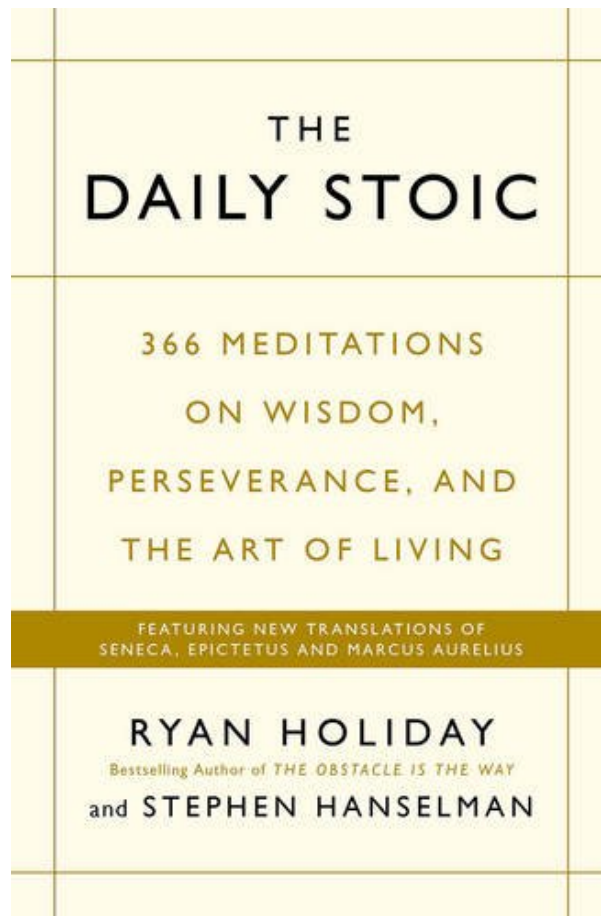


THE DAILY STOIC BY STEPHEN HANSELMAN RYAN HOLIDAY



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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**

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Review

"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

About the Author

Ryan Holiday is the bestselling author of multiple books, including The Obstacle Is the Way and Ego Is the

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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.

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From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant *Wall Street Journal* and *USA Today* Bestseller.

Why have history's greatest minds—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 celebrities—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.

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Features

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Most helpful customer reviews

131 of 136 people found the following review helpful.

A Prescription for Better Living

By Dawn Casey Rowe

I grew up with my mom'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 isn't simply a book to make me think, it's an action guide, a "prescription for handling ourselves and our actions in the world." 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.

That's the only way to become a better human being. That's the call to action I'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.

56 of 59 people found the following review helpful.

Buck Up

By Thomas M. Loarie

Ryan Holiday is a best-selling author (“Trust Me I’m Lying,” “Ego is the Enemy,” “The Obstacle is the Way”) 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 “The Obstacle is the Way.” 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 – 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 people’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, Cub’s Manager Joe Maddon, and thousands more.

“Stoicism as a philosophy is really about the mental game,” Holiday says. “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.”

In “Daily Stoic,” 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 “The Obstacle is...”) “The Discipline of Perception,” “The Discipline of Action,” and the “Discipline of Will.” Each topic is further divided into monthly themes: “Clarity,” “Passions and Emotions,” “Awareness,” “Unbiased Thought,” “Right Action,” “Problem Solving,” “Duty” “Pragmatism,” “Fortitude and Resilience,” “Virtue and Kindness,” “Acceptance,” and “Meditations on Mortality.”

Paul Tillich noted that Stoicism is “the only real alternative to Christianity in the Western world.” It came to many of the same conclusions about how to think and live. Both are characterized by:

- ? An emphasis on hardship.
- ? A sense of man's depravity and a constant self-examination
- ? An inner freedom from the world.
- ? An aversion to excess.

The goal of Stoicism is to attain inner peace. The meditations of the "Daily Stoic" 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. "The Daily Stoic" is an excellent way to begin or end each day.

61 of 69 people found the following review helpful.

A Resource to Help You Win Your Daily Battles

By D. Buxman

In the interests of full disclosure, I haven't read the entire book, since it is formatted as a daily devotional reading, rather than a chapter to chapter offering. Having read the wonderful introduction, I selected some random portions for review and started with October, bringing myself up to date. The selection of Stoic verses is apt, and the book sticks to broad and cohesive themes throughout each month such as Virtue, Courage and Acceptance. It's not the translations that are important (I am not a linguist and they seem fine to me), but rather the guidance offered by the authors in putting the principles into practice. I don't often make reading recommendations to my college-aged children, but I'm going to strongly encourage them to read this book. It's a certain antidote to today's Outraged Victim Morality. If we all adopted a more Stoic philosophy, the world would be a kinder, gentler and more fulfilling place.

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