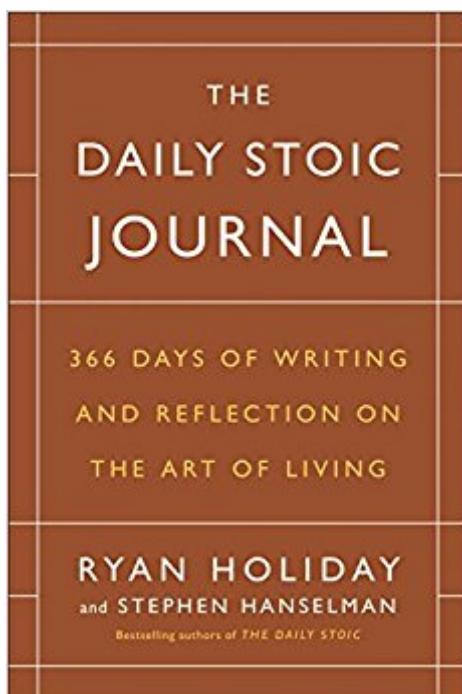


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# The Daily Stoic Journal: 366 Days Of Writing And Reflection On The Art Of Living



## 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 Â 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 Â the Stoicism of Marcus Aurelius, Seneca and Epictetus to hundreds of thousands of new readersÂ Â all over the world.Â 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 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 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 yearÂçâ  -and for the rest of their lives.

## Book Information

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## Customer Reviews

Ryan HolidayÂ Â is the bestselling author of multiple books, includingÂ Â The Obstacle Is the Way andÂ Â Ego Is the Enemy.Â Â His books have been translated in twenty languages and his writing has appeared everywhere from theÂ Â Columbia Journalism ReviewÂ Â toÂ Â EntrepreneurÂ Â andÂ Â Fast Company. He lives in Austin,

Texas.Ã Â VisitÃ Â [www.DailyStoic.com](http://www.DailyStoic.com).Ã Â Stephen HanselmanÃ Â 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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