

The Daily Stoic: 366 Meditations for Clarity, Effectiveness, and Serenity

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✓ Verified Book of The Daily Stoic: 366 Meditations for Clarity, Effectiveness, and Serenity

Summary:

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A beautifully packaged, gifty daily devotional of Stoic wisdom, from the author of *The Obstacle is the Way*.

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Modern readers praise Stoic philosophy for its unique blend of practicality and wisdom. But it's admittedly hard for the average reader to decipher the Dover Thrift edition of Marcus Aurelius' work. The antiquated, needlessly formal language of most modern translations is stripped down in this book, revealing powerful aphorisms that cut straight to the heart of our day-to-day challenges.

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Presented in a page-per-day format, this daily resource of Stoic inspiration combines new translations of Seneca, Epictetus, Zeno by Stephen Hanselman with calls to further reflection--and action--by Ryan Holiday. Arranged topically following the same three movements (Perception, Action, Will) that Holiday used in *The Obstacle is the Way*, this guide features twelve principles for overcoming obstacles and achieving greater satisfaction.

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Aimed at the high-octane, action-oriented, doers of our wired world, this book is intended to open to them a new daily ritual and a new orientation that will bring balanced action, insight, effectiveness, and serenity.

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