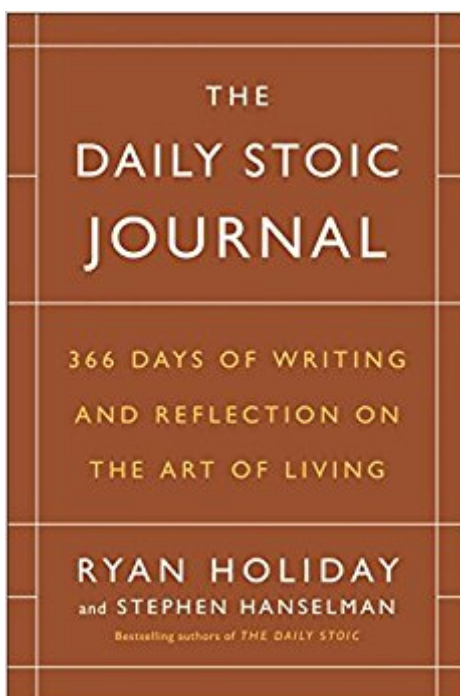


The book was found

# 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 theÃ A acclaimed, bestselling books The Obstacle is the Way, Ego is the Enemy and The Daily Stoic, Ryan Holiday and Stephen Hanselman have helped to bringÃ A the Stoicism of Marcus Aurelius, Seneca and Epictetus to hundreds of thousands of new readersÃ A all over the world. Ã A 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.Ã A 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. Ã A 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 yearÃ A and for the rest of their lives.

## Book Information

Hardcover: 336 pages

Publisher: Portfolio (November 14, 2017)

Language: English

ISBN-10: 0525534393

ISBN-13: 978-0525534396

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #60,218 in Books (See Top 100 in Books) #65 inÃ A Books > Self-Help > Journal Writing #553 inÃ A Books > Business & Money > Business Culture > Motivation & Self-Improvement #608 inÃ A Books > Business & Money > Management & Leadership > Motivational

## Customer Reviews

Ryan HolidayÃ A is the bestselling author of multiple books, includingÃ A The Obstacle Is the Way andÃ A Ego Is the Enemy.Ã A His books have been translated in twenty languages and his writing has appeared everywhere from theÃ A Columbia Journalism

ReviewÃ A toÃ A EntrepreneurÃ A andÃ A Fast Company. He lives in Austin,

[Download to continue reading...](#)

Contact Us

DMCA

Privacy

FAQ & Help