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Ryan Holiday and Stephen Hanselman’s The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living is a daily reader; each page offers a quote from Seneca, Epictetus, Marcus Aurelius or a second string of their predecessors, followed by tools for reflection and action.

### The Daily Stoic : 366 Meditations on Wisdom, Perseverance ...

The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living is a daily devotional book of stoic philosophy co-authored by Ryan Holiday and Stephen Hanselman. It is Holiday's fifth book and Hanselman's debut as an author.

### The Daily Stoic - Wikipedia

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