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The DAILY STOIC 366 Meditations on Wisdom, Perseverance, and the Art of Living RYAN HOLIDAY AND STEPHEN HANSELMAN PROFILE BOOKS First published in Great Britain in 2016 by PROFILE BOOKS LTD 3 Holford Yard Bevin Way London WC1X 9HD www.prolebooks.com

Greetings!

The book is a year-long guide of 366 daily meditations on Stoic wisdom That's from January 1st Day 1 The first thing we need to understand about Stoicism is THIS—the practice of seeing what's within our control and what is not And then, of course, training ourselves to stay focused on

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