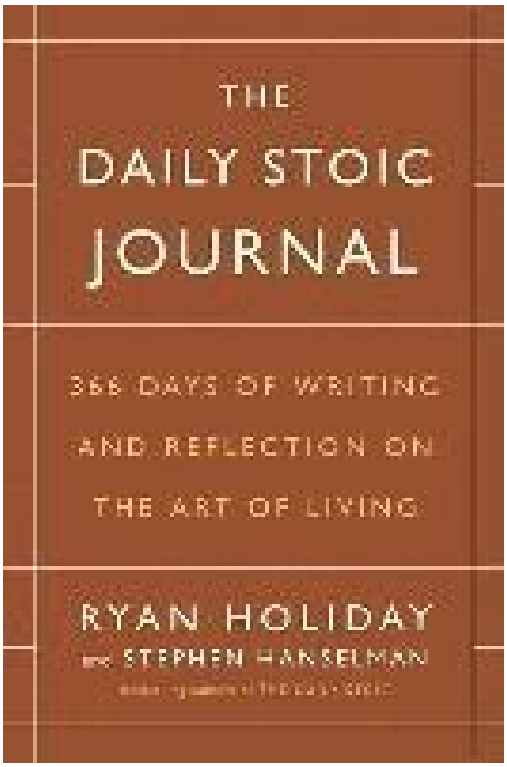
Daily Stoic Journal

Ladda ner boken PDF



Ryan Holiday Stephen Hanselman

Daily Stoic Journal Ryan Holiday Stephen Hanselman boken PDF

A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller!

For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books The Obstacle Is the Way, Ego Is the Enemy and The Daily Stoic, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world.

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. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress.

Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love The Daily Stoic and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven't read the previous books.

For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year-and for the rest of their lives.

Download (Laste ned) pdf-boken, pdf boken, pdf E-böcker, epub, fb2
Alla böcker. 30 dagars gratis provperiod