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“Most people don’t understand what Stoic is. They think that a Stoic wants to sort of be robust, no positive nor negative emotions, get rid of [their] attachment from the world.” My definition is a Stoic Sage is someone who transforms fear into prudence, pain into transformation, mistakes into initiation, and desire into undertaking.

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Exclusive Excerpt: The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living Posted by Daily Stoic on October 18, 2016 The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living is now available.

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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**

But two millennia ago, Stoicism emerged as a life-affirming platform for being "a kind of supervitamin for the soul, fortifying the human spirit against the trials of daily life, against the onslaught of the world, and, above all, against its own foibles.

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