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The DAILY STOIC

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

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The Stoic philosophy was founded by Zeno, a Phoenician (c. 320-c. 250 BC), but nothing by him has come down to us except a few fragmentary quotations. He was followed by Cleanthes, then by Chrysippus, and still later by Panaetius and Posidonius. But though Chrysippus, for example, is said to have written 705 books, practically nothing

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