
The Obstacle Is The Way The Timeless Art Of Turning Trials Into Triumph

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*The Obstacle
Is The Way The
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2023-07-10

DWAYNE CHAVEZ

The Science of Optimizing Health and Enhancing

Performance Penguin
The instant New York
Times, Wall Street Journal,
and USA Today Bestseller!
Ryan Holiday's bestselling
trilogy—*The Obstacle Is
the Way*, *Ego is the
Enemy*, and *Stillness is
the Key*—captivated
professional athletes,
CEOs, politicians, and

entrepreneurs and helped
bring Stoicism to millions
of readers. Now, in the
first book of an exciting
new series on the cardinal
virtues of ancient
philosophy, Holiday
explores the most
foundational virtue of all:
Courage. Almost every
religion, spiritual practice,
philosophy and person
grappling with fear. The
most repeated phrase in
the Bible is "Be not
afraid." The ancient
Greeks spoke of phobos,
panic and terror. It is
natural to feel fear, the
Stoics believed, but it

cannot rule you. Courage,
then, is the ability to rise
above fear, to do what's
right, to do what's
needed, to do what is
true. And so it rests at the
heart of the works of
Marcus Aurelius, Aristotle,
and CS Lewis, alongside
temperance, justice, and
wisdom. In *Courage Is
Calling*, Ryan Holiday
breaks down the elements
of fear, an expression of
cowardice, the elements
of courage, an expression
of bravery, and lastly, the
elements of heroism, an
expression of valor.
Through engaging stories

about historic and contemporary leaders, including Charles De Gaulle, Florence Nightingale, and Dr. Martin Luther King Jr., Holiday shows you how to conquer fear and practice courage in your daily life. You'll also delve deep into the moral dilemmas and courageous acts of lesser-known, but equally as important, figures from ancient and modern history, such as Helvidius Priscus, a Roman Senator who stood his ground against emperor Vespasian, even in the

face of death; Frank Serpico, a former New York City Police Department Detective who exposed police corruption; and Frederick Douglass and a slave named Nelly, whose fierce resistance against her captors inspired his own crusade to end slavery. In a world in which fear runs rampant—when people would rather stand on the sidelines than speak out against injustice, go along with convention than bet on themselves, and turn a blind eye to the ugly realities of modern

life—we need courage more than ever. We need the courage of whistleblowers and risk takers. We need the courage of activists and adventurers. We need the courage of writers who speak the truth—and the courage of leaders to listen. We need you to step into the arena and fight.

The Manual You Should Have Been Given When

You Were Born Little, Brown

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.

Lives of the Stoics

Penguin

The instant Wall Street Journal, USA Today, and international bestseller “While the history books are filled with tales of obsessive visionary geniuses who remade the world in their image with sheer, almost irrational force, I’ve found that history is also made by individuals who fought their egos at every turn, who eschewed the

spotlight, and who put their higher goals above their desire for recognition.” —from the prologue Many of us insist the main impediment to a full, successful life is the outside world. In fact, the most common enemy lies within: our ego. Early in our careers, it impedes learning and the cultivation of talent. With success, it can blind us to our faults and sow future problems. In failure, it magnifies each blow and makes recovery more difficult. At every stage, ego holds us back. Ego is

the Enemy draws on a vast array of stories and examples, from literature to philosophy to history. We meet fascinating figures such as George Marshall, Jackie Robinson, Katharine Graham, Bill Belichick, and Eleanor Roosevelt, who all reached the highest levels of power and success by conquering their own egos. Their strategies and tactics can be ours as well. In an era that glorifies social media, reality TV, and other forms of shameless self-promotion, the battle

against ego must be fought on many fronts. Armed with the lessons in this book, as Holiday writes, “you will be less invested in the story you tell about your own specialness, and as a result, you will be liberated to accomplish the world-changing work you’ve set out to achieve.”

The Obstacle Is You The Obstacle Is the Way The Ancient Art of Turning Adversity to Advantage A modern guru who shows the way to turn problems into opportunities - in

business and marketing, Ryan Holiday has done it all, seen it all, and now he's here to show you the way. The Obstacle Is the Way The Timeless Art of Turning Trials into Triumph How is practical change work carried out in modern organizations? And what kind of challenges, tasks and other difficulties are normally encountered as a part of it? In a turbulent and changing world, organizational culture is often seen as central for sustained

competitiveness. Organizations are faced with increased demands for change but these are often so challenging that they meet heavy resistance and fizzle out. Changing Organizational Culture encourages the development of a reflexive approach to organizational change, providing insights as to why it may be difficult to maintain momentum in change processes. Based around an illuminating case study of a cultural change programme, the book provides 15 lessons

on the entire change journey; from analysis and design, to implementation and how organizational members should approach change projects. This enhanced edition considers the most recent studies on organizational change practice, with new examples from businesses and the public sector, and includes one empirical study which uses the authors' own framework, enriching their practical recommendations. It also draws on the latest theoretical developments, including ideas of power

and storytelling. Accompanying the text is an online pedagogic and research ideas guide available for course instructors and lecturers at Routledge.com. Changing Organizational Culture will be vital reading for students, researchers and practitioners working in organizational studies, change management and HRM. *A True Story of Power, Sex, and a Billionaire's Secret Plot to Destroy a Media Empire* Penguin From the team that

brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most

valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical

anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well. *The Ancient Art of Turning Adversity to Advantage* Kensington Books First published in 2014, since then the book "The Obstacle Is the Way" has built its own cult following. Written by Ryan Holiday, the book is a practical formula based

on the Russian philosophy of 'stoicism'. With some of the most motivational true stories from past, the book reveals the art of dealing with failure and helps you emerging as a strong individual who can excel in toughest situations. It has already been published in 17 languages and it has inspired people from all genres including movie stars, sports icons, and many know figures. p.p1 {margin: 0.0px 0.0px 10.0px 0.0px; text-align: justify; font: 11.0px 'Trebuchet MS'; color:

#000000; -webkit-text-stroke: #000000} span.s1 {font-kerning: none} If you ever faced a difficulty and made it an excuse for not following your goal or if you are stuck and willing to find a way out, then this book is for you. The book shall change your perspective to approach a challenge, instead of seeing it as an obstacle you shall learn to see it as a chance to grow better and stronger. Based on the tested age-old principles and relevant historic examples, this book is not another

blather on optimism. From entrepreneurs, students, artists to homemakers, anyone can take advantage of this book, and hopefully, by end of the book would find newer ways to deal with harsh times. A must-read for each of us! The book “The Obstacle Is the Way” might unfold a new world of opportunity for you as it gives a tested formula to win over odds and turn failures into success. Buy one copy for yourself today or gift it to near ones, and see the positive change around you.

Red Burning Sky
Createspace Independent Publishing Platform
As a wildly popular local dance show, Soul Train provided a venue for Chicago's soul singers and political activists and gave African American teenagers their first significant chance to see and identify with their peers on television. The subsequent national series garnered even more popularity, establishing producer and host Don Cornelius as one of the most successful pioneers of African

American television production. This work discusses Cornelius's role in the evolution of his groundbreaking series from a small, all-black 1970s television show to a lucrative brand name applying not only to the program, but also to awards and various merchandise in the present day. The first two chapters focus on Cornelius's years in Chicago and the initial launching of Soul Train in 1970. The next two chapters explore how the nationally televised,

California-based version of the show rose steadily in both popularity and cultural influence among primarily African American viewers, and how Cornelius himself became a rising celebrity during that time. The final chapters illustrate Cornelius's efforts in branching out beyond the dance show through various music-related business ventures, including the Soul Train Music Awards. The work includes interviews with several former cast members and guests,

along with a complete chronology of the series and Cornelius's other professional ventures.

Smarter Digital Marketing for Businesses Big and Small BEYOND BOOKS HUB

#1 NEW YORK TIMES BESTSELLER • More than one million copies sold! A “brilliant” (Lupita Nyong’o, Time), “poignant” (Entertainment Weekly), “soul-nourishing” (USA Today) memoir about coming of age during the twilight of apartheid

“Noah’s childhood stories are told with all the hilarity and intellect that characterizes his comedy, while illuminating a dark and brutal period in South Africa’s history that must never be forgotten.”—Esquire Winner of the Thurber Prize for American Humor and an NAACP Image Award • Named one of the best books of the year by The New York Time, USA Today, San Francisco Chronicle, NPR, Esquire, Newsday, and Booklist Trevor Noah’s unlikely path from apartheid South

Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents’ indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by

the end of South Africa’s tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man’s relationship with his fearless, rebellious, and fervently religious mother—his

teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious

world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother's unconditional love.

The Daily Stoic Journal
Createspace Independent Publishing Platform
Your willingness to overcome your obstacles inspire me. Your commitment to work at

your absolute best moves me. Your readiness to acknowledge your weakness encourages me to give even more of my life to helping people free themselves from their self-made prisons. May your passions be ignited. May your life and that of those around you become magically abundant. This book is the first in 'THE OBSTACLE IS YOU' series. The letters of my readers have moved me deeply and encouraged me to distill everything that I have learned about the art of living into a series

of life lessons. Hence, I set about compiling the best information I have to give into a book that I genuinely believe will transform your life. How to Love Yourself? Do you ever feel like life is slipping by so fast that you might not get the chance to live with meaning and the happiness you deserve? If so, then this very special book will be the guiding light that leads you to a brilliant new way of living. In this extremely easy to read yet wisdom rich manual, I offer eleven

simple solutions to life's most complex problems, ranging from methods to succeed to powerful ways to enjoy the journey while you create a legacy that lasts. The words in this book are heartfelt and written in high hope that you will not only connect with the wisdom that I have respectfully offered but also act on it to create lasting improvements in every area of your life. Amidst my own trials and tribulations I have learned that it is not enough to know what to do, we must act immediately on the

knowledge in order to create the lives we so dearly want. So, as you turn the pages of this first book in 'THE OBSTACLE IS YOU' series, I hope you will discover a wealth of wisdom that will immensely enrich the quality of your physical, emotional and spiritual life. Please do write to me to share how you have integrated the lessons in this book into the way you live. I will do my very best to respond to your mails with a personal note. I wish you peace, prosperity and many

happy days spent engaged in a worthy purpose.

Ryan Holiday's the Obstacle Is the Way
Scholastic Inc.

Sixteen-year-old Tiuri must spend hours locked in a chapel in silent contemplation if he is to be knighted the next day. But as he waits by the light of a flickering candle, he hears a knock at the door and a voice desperately asking for help. A secret letter must be delivered to King Unauwen across the Great Mountains--a letter upon

which the fate of the entire kingdom depends. Tiuri has a vital role to play, one that might cost him his knighthood. He must trust no one. He must keep his true identity secret. Above all, he must never reveal what is in the letter . . . Tiuri's journey will take him through dark, menacing forests, across treacherous rivers, to sinister castles and strange cities. He will encounter evil enemies who would kill to get the letter, but also the best of friends in the most

unexpected places. *A Boxed Set of the Obstacle Is the Way, Ego Is the Enemy & Stillness Is the Key* McFarland
How intermittent fasting can enhance resilience, improve mental and physical performance, and protect against aging and disease. Most of us eat three meals a day with a smattering of snacks because we think that's the normal, healthy way to eat. This book shows why that's not the case. The human body and brain evolved to function well in environments

where food could be obtained only intermittently. When we look at the eating patterns of our distant ancestors, we can see that an intermittent fasting eating pattern is normal—and eating three meals a day is not. In *The Intermittent Fasting Revolution*, prominent neuroscientist Mark Mattson shows that intermittent fasting is not only normal but also good for us; it can enhance our ability to cope with stress by making cells more resilient. It also improves

mental and physical performance and protects against aging and disease. Intermittent fasting is not the latest fad diet; it doesn't dictate food choice or quantity. It doesn't make money for the pharmaceutical, processed food, or health care industries. Intermittent fasting is an eating pattern that includes frequent periods of time with little or negligible amounts of food. It is often accompanied by weight loss, but, Mattson says, studies show that its

remarkable beneficial effects cannot be accounted for by weight loss alone. Mattson—whose pioneering research uncovered the ways that the brain responds to fasting and exercise—explains how thriving while fasting became an evolutionary adaptation. He describes the specific ways that intermittent fasting slows aging; reduces the risk of diseases, including obesity, Alzheimer's, and diabetes; and improves both brain and body

performance. He also offers practical advice on adopting an intermittent fasting eating pattern as well as information for parents and physicians.

The Art of Living from Zeno to Marcus

Aurelius Elite Summaries #1 Wall Street Journal Bestseller *The Obstacle is the Way* has become a cult classic, beloved by men and women around the world who apply its wisdom to become more successful at whatever they do. Its many fans include a former governor and movie star (Arnold

Schwarzenegger), a hip hop icon (LL Cool J), an Irish tennis pro (James McGee), an NBC sportscaster (Michele Tafoya), and the coaches and players of winning teams like the New England Patriots, Seattle Seahawks, Chicago Cubs, and University of Texas men's basketball team. The book draws its inspiration from stoicism, the ancient Greek philosophy of enduring pain or adversity with perseverance and resilience. Stoics focus on the things they can

control, let go of everything else, and turn every new obstacle into an opportunity to get better, stronger, tougher. As Marcus Aurelius put it nearly 2000 years ago: "The impediment to action advances action. What stands in the way becomes the way." Ryan Holiday shows us how some of the most successful people in history—from John D. Rockefeller to Amelia Earhart to Ulysses S. Grant to Steve Jobs—have applied stoicism to overcome difficult or even

impossible situations. Their embrace of these principles ultimately mattered more than their natural intelligence, talents, or luck. If you're feeling frustrated, demoralized, or stuck in a rut, this book can help you turn your problems into your biggest advantages. And along the way it will inspire you with dozens of true stories of the greats from every age and era.

[The Timeless Art of Turning Trials into Triumph](#) Dalkey Archive Press

Instant #1 New York Times Bestseller & Wall Street Journal Bestseller In *The Obstacle Is the Way* and *Ego Is the Enemy*, bestselling author Ryan Holiday made ancient wisdom wildly popular with a new generation of leaders in sports, politics, and technology. In his new book, *Stillness Is the Key*, Holiday draws on timeless Stoic and Buddhist philosophy to show why slowing down is the secret weapon for those charging ahead. All great leaders, thinkers, artists, athletes, and

visionaries share one indelible quality. It enables them to conquer their tempers. To avoid distraction and discover great insights. To achieve happiness and do the right thing. Ryan Holiday calls it stillness--to be steady while the world spins around you. In this book, he outlines a path for achieving this ancient, but urgently necessary way of living. Drawing on a wide range of history's greatest thinkers, from Confucius to Seneca, Marcus Aurelius to Thich Nhat Hanh, John Stuart

Mill to Nietzsche, he argues that stillness is not mere inactivity, but the doorway to self-mastery, discipline, and focus. Holiday also examines figures who exemplified the power of stillness: baseball player Sadaharu Oh, whose study of Zen made him the greatest home run hitter of all time; Winston Churchill, who in balancing his busy public life with time spent laying bricks and painting at his Chartwell estate managed to save the world from annihilation in the process; Fred Rogers,

who taught generations of children to see what was invisible to the eye; Anne Frank, whose journaling and love of nature guided her through unimaginable adversity. More than ever, people are overwhelmed. They face obstacles and egos and competition. *Stillness Is the Key* offers a simple but inspiring antidote to the stress of 24/7 news and social media. The stillness that we all seek is the path to meaning, contentment, and excellence in a world that needs more of it than ever.

Stillness Is the Key
QuickRead.com
Epictetus was born into slavery about 55 CE in the eastern outreaches of the Roman Empire. Once freed, he established an influential school of Stoic philosophy, stressing that human beings cannot control life, only their responses to it. By putting into practice the ninety-three witty, wise, and razor-sharp instructions that make up *The Art of Living*, readers learn to meet the challenges of everyday life successfully and to face life's

inevitable losses and disappointments with grace.

Changing Organizational Culture CreateSpace

The cult classic that predicted the rise of fake news—revised and updated for the post-Trump, post-Gawker age. Hailed as "astonishing and disturbing" by the Financial Times and "essential reading" by TechCrunch at its original publication, former American Apparel marketing director Ryan Holiday's first book sounded a prescient

alarm about the dangers of fake news. It's all the more relevant today. Trust Me, I'm Lying was the first book to blow the lid off the speed and force at which rumors travel online—and get "traded up" the media ecosystem until they become real headlines and generate real responses in the real world. The culprit? Marketers and professional media manipulators, encouraged by the toxic economics of the news business. Whenever you see a malicious online rumor

costs a company millions, politically motivated fake news driving elections, a product or celebrity zooming from total obscurity to viral sensation, or anonymously sourced articles becoming national conversation, someone is behind it. Often someone like Ryan Holiday. As he explains, "I wrote this book to explain how media manipulators work, how to spot their fingerprints, how to fight them, and how (if you must) to emulate their tactics. Why am I giving

away these secrets?
 Because I'm tired of a world where trolls hijack debates, marketers help write the news, opinion masquerades as fact, algorithms drive everything to extremes, and no one is accountable for any of it. I'm pulling back the curtain because it's time the public understands how things really work. What you choose to do with this information is up to you."
 Penguin
 A timeless trilogy of the extraordinary bestsellers
 The Obstacle is the Way,

Ego is the Enemy, and Stillness is the Key by Ryan Holiday, now available for the first time ever in a beautiful boxed set edition. 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 his acclaimed, bestselling books The Obstacle is the Way, Ego is the Enemy, and Stillness is the Key, Ryan Holiday has helped bring the Stoicism of Marcus Aurelius, Seneca, and

Epictetus to hundreds of thousands of new readers all over the world. The Obstacle is the Way teaches you how to let go of the things you can't control and turn every new obstacle into an opportunity to get better, stronger, and tougher. Ego is the Enemy teaches you how to overcome and master the greatest obstacle in life--our insatiable ego. Stillness is the Key teaches you why slowing down is essential to charging ahead. This boxed set offers the Stoic insights and exercises

from all three books featuring a vast array of stories and examples, from literature to philosophy to history. If you or anyone you know are seeking inner peace, clarity, and effectiveness in our crazy world, this collection will help immensely and makes a great gift. It will help you find the serenity, self-knowledge, and resilience you need to live well. Start your journey in the art of living.

Ryan Holiday's the Obstacle is the Way
Macmillan

How to turn your biggest failure into your biggest success. We've all heard the old saying is that life is 10% what happens to you and 90% what you make of it. That should be an empowering life philosophy, but we don't always live into it. Ryan Holiday wants to change that and that's why *The Obstacle is the Way* examines the strength and resilience of Stoic historical figures in order to chart a path to success through adversity. By demonstrating how some of the early stoics learned

to triumph because of their tribulations, Holiday demonstrates a tried and true path to success that anyone can follow. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the

original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com

The Timeless Art of Turning Trials Into Triumph Summary
Routledge

"Cato, history's most famous foe of authoritarian power, was the pivotal political man of Rome; an inspiration to our Founding Fathers; and a cautionary figure for our

times. He loved Roman republicanism, but saw himself as too principled for the mere politics that might have saved it. His life and lessons are urgently relevant in the harshly divided America—and world—of today. With erudition and verve, Rob Goodman and Jimmy Soni turn their life of Cato into the most modern of biographies, a blend of *The Decline and Fall of the Roman Empire* and *Game Change*."—Howard Fineman, Editorial Director of The Huffington

Post Media Group, NBC and MSNBC News Analyst, and New York Times bestselling author of *The Thirteen American Arguments* "A truly outstanding piece of work. What most impresses me is the book's ability to reach through the confusing dynastic politics of the late Roman Republic to present social realities in a way intelligible to the modern reader. *Rome's Last Citizen* entertainingly restores to life the stoic Roman who inspired George Washington,

Patrick Henry and Nathan Hale. This is more than a biography: it is a study of how a reputation lasted through the centuries from the end of one republic to the start of another."—David Frum, DailyBeast columnist, former White House speech writer, and New York Times bestselling author of *The Right Man* Marcus Porcius Cato: aristocrat who walked barefoot and slept on the ground with his troops, political heavyweight who cultivated the image of a Stoic philosopher, a

hardnosed defender of tradition who presented himself as a man out of the sacred Roman past—and the last man standing when Rome's Republic fell to tyranny. His blood feud with Caesar began in the chamber of the Senate, played out on the battlefields of a world war, and ended when he took his own life rather than live under a dictator. Centuries of thinkers, writers, and artists have drawn inspiration from Cato's Stoic courage. Saint Augustine and the

early Christians were moved and challenged by his example. Dante, in his *Divine Comedy*, chose Cato to preside over the souls who arrive in Purgatory. George Washington so revered him that he staged a play on Cato's life to revive the spirit of his troops at Valley Forge. Now, in *Rome's Last Citizen*, Rob Goodman and Jimmy Soni deliver the first modern biography of this stirring figure. Cato's life is a gripping tale that resonates deeply with our own turbulent times. He

grappled with terrorists, a debt crisis, endemic political corruption, and a huge gulf between the elites and those they governed. In many ways, Cato was the ultimate man of principle—he even chose suicide rather than be used by Caesar as a political pawn. But Cato was also a political failure: his stubbornness sealed his and Rome's defeat, and his lonely end casts a shadow on the recurring hope that a singular leader can transcend the dirty business of politics. Rome's Last Citizen is a

timeless story of an uncompromising man in a time of crisis and his lifelong battle to save the Republic.

The Intermittent Fasting Revolution

Portfolio

The Obstacle Is the Way
The Ancient Art of Turning Adversity to Advantage

The Art of Living

Shortcut Edition

Instant New York Times Advice & Business Bestseller, USA Today Bestseller, and Wall Street Journal #1 Bestseller! A New York Times

Noteworthy Pick and a "stellar work" by Publishers Weekly From the bestselling authors of The Daily Stoic comes an inspiring guide to the lives of the Stoics, and what the ancients can teach us about happiness, success, resilience and virtue. Nearly 2,300 years after a ruined merchant named Zeno first established a school on the Stoa Poikile of Athens, Stoicism has found a new audience among those who seek greatness, from athletes to politicians and everyone in between. It's

no wonder; the philosophy and its embrace of self-mastery, virtue, and indifference to that which we cannot control is as urgent today as it was in the chaos of the Roman Empire. In *Lives of the Stoics*, Holiday and Hanselman present the fascinating lives of the men and women who strove to live by the timeless Stoic virtues of Courage. Justice. Temperance. Wisdom. Organized in digestible, mini-biographies of all the well-known--and not so

well-known--Stoics, this book vividly brings home what Stoicism was like for the people who loved it and lived it, dusting off powerful lessons to be learned from their struggles and successes. More than a mere history book, every example in these pages, from Epictetus to Marcus Aurelius--slaves to emperors--is designed to help the reader apply philosophy in their own lives. Holiday and Hanselman unveil the

core values and ideas that unite figures from Seneca to Cato to Cicero across the centuries. Among them are the idea that self-rule is the greatest empire, that character is fate; how Stoics benefit from preparing not only for success, but failure; and learn to love, not merely accept, the hand they are dealt in life. A treasure of valuable insights and stories, this book can be visited again and again by any reader in search of inspiration from the past.