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The Tao of Seneca (volumes 1-3) is an introduction to Stoic philosophy through the words of Seneca. If you study Seneca, you'll be in good company. He was popular with the educated elite of the Greco-Roman Empire, but Thomas Jefferson also had Seneca on his bedside table. Thought leaders in Silicon Valley tout the benefits of Stoicism, and NFL management, coaches, and players alike - from teams such as the Patriots and Seahawks - have embraced it because the principles make them better competitors. Stoicism is a no-nonsense philosophical system designed to produce dramatic real-world effects. Think of it as an ideal operating system for thriving in high-stress environments. This is your guide.

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