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The daily stoic francais pdf

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Meilleures Ã©tre views Le plus rÃ©cent Meilleures Traduire tous les commentaires en franÃ§ais Afficher tous les commentaires From the team that brought you the obstacle is the way and the ego is the enemy, a beautiful daily devotion of stoic meditations-an instant Wall Street and USA Today Bestseller.Why Bestseller.Why bigger 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 ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is about living a better life, it is not a class exercise. The Daily Stoic offers 366 days of stoic ideas and exercises, featuring brand new translations by Emperor Marcos Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known brilliants such as Zeno, Cleanthes, and Musonius Rufus. 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Ça va de la gestion des émotions à la création d'une entreprise au marketing Internet, pour faire connaître Français Authentique, la santé, la really all the investment issues, the finances, all these issues that are extremely important issues in our lives. I haven't learned them at school, I've learned them through the personal development books over the last fifteen years. For a while, I felt a little stagnant. Stagner means staying on the same level. There are many books that have completely transformed me, that have transformed my philosophy, my life and for some time I felt like I hadn't found any books that would have made me this result. I felt like I was reading a bit like it was a clan - I have 300 books waiting in my Amazon store (waiting to buy), books that interest me - and every time I read the book, I didn't apply much and I felt like I was stagnant a little bit. It was a bit frustrating for me not to find an impressive book like the ones I read a few years ago and I searched for a solution for several weeks. The solution I found - I told you about it in my podcast on Wednesday, April 11th - came to me through a book that I'm going to show you right away that's Ryan Holiday's The Daily Stoic. It is a book where every day the author shares - I can show you a page - at the top a concept related to stoicism and at the bottom gives an explanation with the current examples. I bought this book and every morning I only read one page. A little quote from a great stoic thinker... They were thinkers who lived about 2000 years before the time of the Roman Empire. There was Mark-Arrell, well known, Epitet, Sedeka. They were philosophers of that time a long time ago. I read every morning this part of ancient philosophy and Ryan Holiday's explanation with current examples. Every morning I was exposed to the same kind of content. And that's a big difference from what I usually do, where I'm going to read a book for 30-45 minutes in a row. There, it was a reading of a few minutes, 5-7 minutes, with a reflection on the subject. So it's reading that's much deeper and less superficial. We're not just looking at the whole picture, we're trying to go a little deeper into the issues. So what I noticed in my daily life was that I was much more influenced, much more influenced by this reading, this deep reading compared to the readings of books I did in a more superficial way. The daily stoic, this is only my fourth month, but I'm super influenced by it compared to the books I'm going to in a few weeks. Now, I've been at it for four months, the others in a few weeks, and that's a lot of impact. I discussed it with my friend Alberto, the creator of Italiano Automatico (who does the same thing as me but who teaches Italian and is a good friend of mine) and told me - in fact, we shared this experience around the same time - to have noticed the same thing on another topic. He also read a book every day on another subject and explained to me that it really affected him and that he was able to implement what he was learning because he saw every day. So what I decided to do was add a second book. I keep my book on stoicism for every morning and afternoon, just before my nap just after dinner, I read for ten minutes another book, the same book every day. There, I read about ten minutes of this book every day. Again, the idea here is to be influenced, it's to really be transformed by the book, it's that this book becomes part of my daily life and that I instinctively think about using concepts. The problem when you read a book for a few weeks, then you forget a few ideas. There, I want to be influenced by the concepts and I chose another book about which I have already talked a lot, which is How to stop worrying and start living? by Dale Carnegie. In French, this book is how to overcome anxiety and anxiety? It had affected me when I read it, but, as usual, as it didn't remind me of all these concepts on a daily basis, well, I didn't apply everything to this book. I decided every day to see this book for ten minutes as a student. This is the message I wanted to pass on in relation to reading, but I had another problem related to language learning and maybe that advice can help you. I no longer have the opportunity to practice German and what I said to myself was, Let's read the same thing, the same book and study it in depth, you might as well do it in different languages. That is why, as you saw in the introduction, I read Chapter 1 in English, then reread Chapter 1 in German and then reread Chapter 1 in Italian. So I do two things at once. I have been immersed in concepts since I read the same chapter three times and every time I try to think about it, think about it and see how I can apply it in my life and besides, I renew my German a little, because I read a book that is still complicated to read in German and to develop my Italian level. I have no problem understanding the book in English, I have already read and re-read it and I have no difficulty in understanding English. So I respect the two main conditions that I ask you to respect in order to proceed, whether oral or written: it is to consult content number one: that you are passionate about (that, I am passionate about) and number two: that you understand. And thanks to this, I am progressing in languages while moving on to the selected topic. So I really do two things with a stone: I work my tongues while working in depth on a topic of personal development - I've been doing it for a few weeks - and I already see an impact on my daily life since when a problem happens to me (I have a lot on a daily basis! you can imagine with family, French authentic, all the things that exist to manage). Well, I have the reflex to think about my readings, so, inevitably, it's something more effective. You become what you read, you're really influenced by what you read several times. That's why I intend to go on and I still - I'm still a little crazy - added a third reading session with a book by Napoleon Hill called Think and Get Rich. I think every businessman has already read this book. I've read it in English before, but now I'm re-read it. I'm having a session at night... I have my morning stoicism session and my Dale Carnegie afternoon and evening session Napoleon Hill, Think

and Become Rich, a chapter in English and a chapter in German. Already, you don't have to do three sessions like me, but overall, it doesn't take me long because it's three sessions from ten to fifteen minutes. Not huge compared to what I read before, it's three small sessions spread during the day at key moments: right after getting up, the afternoon before bedtime and the night before you go to bed to enjoy different states of mind that interest us. And for the rest, I keep reading different books to broaden my horizons and relax. I'm very happy with this practice. Honestly, does it help a lot? I have selected books that can affect me or that will affect me and that I like and advise you to do a test. Choose, start slowly - don't do three sessions - you choose a book that really either marked you or touched you with something you want to be (you want to be influenced), you choose this book, you read it for ten minutes every day, in one language at the beginning (don't get too complicated). That's what I did at first. I was. from a language and one thing I only do in the morning with stoicism is that I write. I read the mini chapter, I think, I get up often, I go to my window, I think about applying this principle and recast it in my diary and that is very, very effective to make the concept really appropriate, so that the concept becomes ours and more that of the book. I advise you to try to comment on your opinion on this idea. You can also then evolve to incorporate language learning (reading in your native language and in French; it's a great way to read something you like in French and read something you understand, since you've just read the chapter in your native language and I hope it will help you and I'm telling you very soon about a new video of authentic French for learning French or developing staff like today. we say soon!!

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