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In Stoicism the daily practice is the philosophy. Therefore journaling is Stoicism. It's almost impossible to have one without the other. So for the last several months we have been hard at work on producing The Daily Stoic Journal: 366 Days of Writing and Reflection on the Art of Living (released date 11/14).

Announcing: The Daily Stoic Journal

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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

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