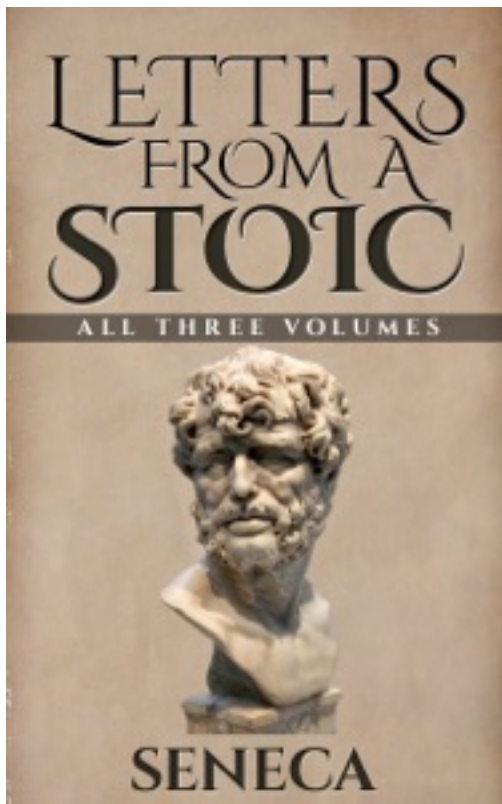


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"In the last three years, I've begun to explore one philosophical system in particular: Stoicism. Through my preferred Stoic writer, Lucius Seneca, I've found it to be a simple and immensely practical set of rules for better results with less effort."

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