

Temptation: Finding Self-Control In An Age Of Excess

By Daniel Akst

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People who excel at resisting temptation might have a secret strategy: They deliberately avoid situations in which their self-control might fail, says a study in the

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In the context of self-control and ego depletion, temptation is described as an immediate,

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Self-control is the ability to control one's emotions, Desires vary in strength and duration. A desire becomes a temptation, entering the area of self-control,

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