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By Daniel Akst

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Manipulation checks. As expected, participants in the depleted condition found that the writing task required more self-control (three items, = .89) than did

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Self- control - wikipedia, the free encyclopedia

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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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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