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<https://coffin.files.wordpress.com/2008/09/how-to-succeed-in-the-21st-century.pdf>

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<http://www.bakadesuyo.com/2013/07/increase-self-control/>

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<http://www.booksamillion.com/p/Temptation/Daniel-Akst/Q664354380>

How to Improve Your Self- Control - PsyBlog -

New research suggests self-control can be improved using sometimes finding it easy to resist temptation, Self-Control Instantly Replenished by Self

<http://www.spring.org.uk/2008/09/how-to-improve-your-self-control.php>

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<http://www.apa.org/helpcenter/willpower.aspx>

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Book review: 'We Have Met the Enemy: Self- -

Jan 15, 2011 Daniel Akst borrowed his new book's title from "Pogo" creator Walt Kelly, whose "We have met the enemy and he is us" became a slogan marking the first

<http://articles.latimes.com/2011/jan/16/entertainment/la-ca-daniel-akst-20110116>

Book Review: A Slap in the Face - WSJ -

Daniel Akst reviews "A Slap Then there was Groucho Marx's reaction to a book by S.J Mr. Akst is the author of "Temptation: Finding Self-Control in an Age

<http://www.wsj.com/articles/SB10001424127887323549204578318642878358354>

How to Deal With Temptation: 10 Steps (with -

but some people are blessed with more self-control than others. Temptation is about wanting something that you really want,

<http://www.wikihow.com/Deal-With-Temptation>

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,

<http://en.wikipedia.org/wiki/Self-control>

The Secret to Resisting Temptation - WSJ -

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

<http://www.wsj.com/articles/the-secret-to-resisting-temptation-1416852990>

LaGuardia Library Book of the Week: This Changes -

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<http://library.laguardia.edu/home/index.php?/blog/2015/01/>

Daniel Akst - Fantastic Fiction -

A bibliography of Daniel Akst's books, Temptation: Finding Self-Control in an Age of Excess PEN/Faulkner Award for fiction Best Book nominee

<http://www.fantasticfiction.co.uk/a/daniel-akst/>

Daniel Akst | The Wilson Quarterly | ZoomInfo.com -

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<http://www.amazon.it/We-Have-Met-Enemy-Self-Control/dp/1594202818>

Book Review: Sincerity - WSJ -

Daniel Akst reviews "Sincerity: In the author's hands, is the author of "Temptation: Finding Self-Control in an Age of Excess," now a Penguin paperback.

<http://www.wsj.com/articles/SB10001424052702303830204577445392792605360>

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<http://www.early-retirement.org/forums/search.php?searchid=4720076>

Top 10 Self- Control Techniques - PsyBlog -

The science of self-control: use rewards, commitments, self Recognise when your levels of self-control are low and make sure you find a way to avoid temptation

<http://www.spring.org.uk/2011/04/top-10-self-control-strategies.php>

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