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

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Mar 24, 2011 You vs. temptation: Why self-control Daniel Akst is an editorial writer and columnist at Newsday. He is also the author of "We Have Met the Enemy: Self

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Top 10 Self- Control Techniques - PsyBlog -

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http://www.goodreads.com/author/show/16741.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

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

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