



# **Temptation: Finding Self-Control in an Age of Excess**

*Daniel Akst*

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# Temptation: Finding Self-Control in an Age of Excess

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**Temptation: Finding Self-Control in an Age of Excess** Daniel Akst

**" This elegantly written and useful book . . . describes how, for millennia, human beings have struggled to rein in desire." -USA Today**

At a time when the fallout from reckless spending and unrestrained consumption is fueling a national malaise, Daniel Akst delivers a witty and comprehensive investigation of the central problem of our time: how to save ourselves from what we want. *Temptation* reminds us that while more calories, sex, and intoxicants are readily available than ever before, crucial social constraints have eroded, creating a world that sorely tests the limits of human willpower. Referencing history, literature, psychology, philosophy, and economics, Akst draws a vivid picture of the many-sided problem of desire-and delivers a blueprint for how we can steer shrewdly away from a campaign of self-destruction.

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Playing with family in the park, coming to see the coastal world or hanging out with good friends is thing that usually you could have done when you have spare time, subsequently why you don't try thing that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Temptation: Finding Self-Control in an Age of Excess, you could enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its known as reading friends.

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