



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

*Daniel Akst*

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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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