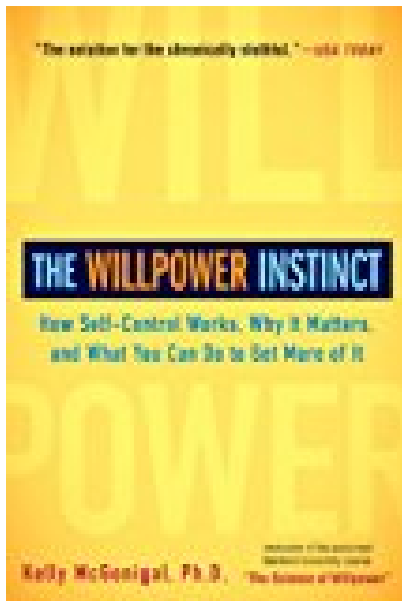


The Willpower Instinct How Self-Control Works Why It Matters and What You Can Do to Get More of It



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