

The Culture of Excess: How America Lost Self-Control and Why We Need to Redefine Success

J.R. Slosar



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In the wake of the 2008-2009 economic recession, this revealing work offers a psychological explanation of how we as a nation grapple with self-control and how we can develop a new and healthier generation.

- Numerous vignettes and case studies illustrate the major themes of the book
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