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When You're Craving A Burger. You Bite Your Tongue When You'd Like To Make A Snide Remark. Yet A Growing Body Of Research Shows That Resisting Repeated Temptations Takes A Mental Toll. Some Experts Liken Willpower To A Muscle That Can Get Fatigued From Overuse. Some Of The Earliest Evidence Of This Effect Came From The Lab Of Roy Baumeister. May 2th, 2024

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