

# Contents

## PART I

1. Introduction: Self-Control and Personal Autonomy, 3
2. Better Judgment: Nature and Function, 15
3. Exercising Self-Control: A Motivational Problem, 32
4. Self-Control, *Akrasia*, and Second-Order Desires, 59
5. Self-Control and Belief, 86
6. Self-Control, *Akrasia*, and Emotion, 102
7. The Upper Reaches of Self-Control and the Ideally Self-Controlled Person, 112

## PART II

8. Transition: From Self-Control to Autonomy, 131
  9. Psychological Autonomy and Personal History, 144
  10. Compatibilist Autonomy and Autonomous Action, 177
  11. Problems for Libertarians, 195
  12. Incompatibilist Autonomy and Autonomous Action, 211
  13. Assessing the Denial of Autonomy, 237
- References, 257
- Index, 265