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Nota di bibliografia	Includes bibliographical references (p. [145]-149) and index.
Nota di contenuto	Editor's Introduction -- Acknowledgments -- One: The Problem of Moral Weakness -- Two: Socrates -- Three: Aristotle -- Four: Augustine -- Five: Aquinas -- Six: Weak Akrasia -- Seven: Strict Akrasia -- Eight: Habit and Moral Weakness -- Nine: Future Prospects -- Notes -- Bibliography -- About the Author -- Index.
Sommario/riassunto	This book considers the common human predicament that we often choose an action other than the one we perceive to be best. Philosophers know this problem as akrasia. The author develops a nuanced understanding of the nature and causes of akrasia by integrating the best insights of Socrates, Aristotle, Augustine, and Aquinas, and several contemporary philosophers.