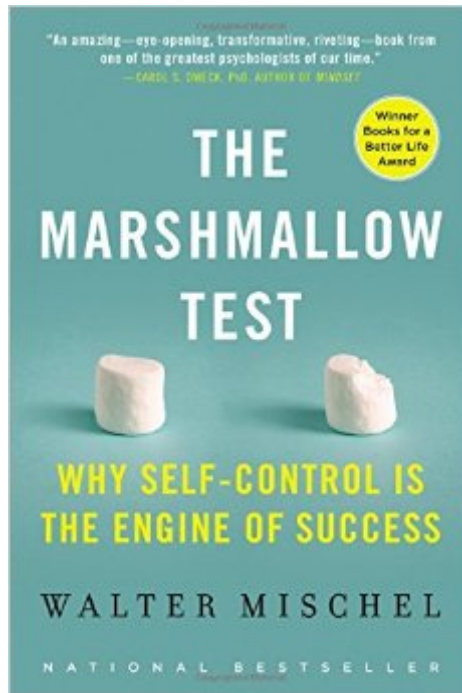The book was found

The Marshmallow Test: Why Self-Control Is The Engine Of Success

Synopsis

Renowned psychologist Walter Mischel, designer of the famous Marshmallow Test, explains what self-control is and how to master it. A child is presented with a marshmallow and given a choice: Eat this one now, or wait and enjoy two later. What will she do? And what are the implications for her behavior later in life?The world's leading expert on self-control, Walter Mischel has proven that the ability to delay gratification is critical for a successful life, predicting higher SAT scores, better social and cognitive functioning, a healthier lifestyle and a greater sense of self-worth. But is willpower prewired, or can it be taught? In The Marshmallow Test, Mischel explains how self-control can be mastered and applied to challenges in everyday life--from weight control to quitting smoking, overcoming heartbreak, making major decisions, and planning for retirement. With profound implications for the choices we make in parenting, education, public policy and self-care, The Marshmallow Test will change the way you think about who we are and what we can be.

Book Information

Paperback: 336 pages

Publisher: Back Bay Books (September 22, 2015)

Language: English

ISBN-10: 0316230863

ISBN-13: 978-0316230865

Product Dimensions: 5.5 x 1 x 8.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (132 customer reviews)

Best Sellers Rank: #29,358 in Books (See Top 100 in Books)   #34 inÂ Books > Textbooks > Social Sciences > Psychology > Cognitive Psychology   #39 inÂ Books > Textbooks > Social Sciences > Psychology > Developmental Psychology   #109 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

Customer Reviews

The Marshmallow Test by Walter Mischel, the man who started it all, is a book on self-control, probably the best one on the subject thus far. This book is everything that the currently leading book on the subject (Willpower by Baumeister and Tierney) is not: intellectually coherent, scientifically sophisticated, and concerned more about sound reasoning than about sound bites.Research on self-control was probably started in earnest in the 1960s with Walter Mischel's celebrated "Marshmallow Test". Children around the age of five were given a choice between one

marshmallow now or two marshmallows later, a delay lasting up to 20 minutes. While some ate the marshmallow right away, others used different strategies to control themselves such as averting their gaze, pulling their hair, squirming, closing their eyes or just sniffing the marshmallow and putting it back. The implications of this research came to life when researchers went back to the same children several years later. They found children who exercised self-control and waited 15 or 20 minutes to double their payoff had higher grade point averages, made more money and were fitter (as measured by BMI) when they were adults.Genetics clearly plays a role in the level of self-control one has. The message of the book is that genetics is not destiny. Willpower is a cognitive ability and, because our brains are much more plastic than had been imagined in the past, we can substantially increase this crucial ability to control ourselves. This book shows how to gain more self-control.Paralleling Daniel Kahneman's model of "fast" and "slow" thinking, Mischel describes two systems in the brain: "hot" (limbic) and "cold" (prefrontal cortex).

Mischel is a gifted researcher and writer. His book masterfully summarizes a long line of research on self-control and motivation that, as a school psychologist, I have been fascinated with for some time. Thankfully, Mischel is able to step outside the academic stodginess of research articles to tell the stories behind them. However, I think many readers will be disappointed by Mischel's discussion of the implications of this research because he ultimately ends with what I would call "evidence-based platitudes." His recommendations for helping children develop self-control consist of strategies that virtually every reader would have presupposed. Namely, reward effort (not outcomes), be consistent, and be a good role model. If you are looking for a life-altering read, these "insights" are likely to disappoint (judging from the more critical reviews here on).But the reason I give the book three stars (despite the engaging writing) is that in several sections throughout the book Mischel seems to suggest that research-informed self-control training can only be found in programs like KIPP charter schools. In truth, these insights have been discussed in the educational literature for a very long time, and I sincerely doubt that there is a teacher education program anywhere that does not train these strategies. The implementation, however, varies as a function of local resources and parent support (two things that KIPP definitely has going for it). In another example, Mischel highlights a specific study on computer-based cognitive training, even though meta-analyses of this literature suggests that it is, at best, minimally effective in immediate, near-transfer learning tasks (no benefit for delayed, near- or far-transfer tasks).

Dr. Walter Mischel administered "The Marshmallow Test," to young children at Standford

University's Bing Nursery School in the 1960s. This study showed that even four and five year olds are capable of delaying gratification. What no one could have predicted is that many children who successfully resisted eating a tempting treat (in order to receive a greater reward later) carried this trait with them into later life. In this work of non-fiction, Mischel, who has a PhD in clinical psychology and has taught at Harvard, Stanford, and Columbia University, explores the concept of self-control in depth and explains how we can use cognitive skills to cool down our "hot impulses." By doing so, we may empower ourselves to make more constructive decisions.Mischel draws on decades of studies that shed light on "who we are; what we can be; how our minds work; how we can--and can't--control our impulses, emotions, and dispositions; how we can change; and how we can raise and educate our children." The author asks: Can we reduce the number of school dropouts? Stick to weight-loss and exercise regimens? Save more for our retirement? Create educational programs that will build character and help our kids succeed in their professional and personal lives? Unfortunately, helping people do the right thing (provided we even know what the right thing is) is not easy; many of us procrastinate, rationalize, and have difficulty staying motivated. Common sense is uncommon, and few people are consistently prudent in every area of their lives. However, trying to use proper cognitive skills to achieve important goals often pays rich dividendsThe book's conversational style, humane and compassionate message, and entertaining anecdotes make it a pleasure to read. Dr.

WHO YA GONNA CALL?-The Kid's Directory for Self Help (Bluffton Book) Why Suffering?: Finding Meaning and Comfort When Life Doesn't Make Sense Control Systems Engineering, 7th Edition Why This Jubliee?: Advent Reflections on Songs of the Season Why Kids Make You Fat: â |and How to Get Your Body Back MYSQL Programming Professional Made Easy 2nd Edition: Expert MYSQL Programming Language Success in a Day for any Computer User! (MYSQL, Android programming, ... JavaScript, Programming, Computer Software) The Gift of Being Yourself: The Sacred Call to Self-Discovery (Spiritual Journey) C Programming Success in a Day & MYSQL Programming Professional Made Easy (Volume 10) People to Be Loved: Why Homosexuality Is Not Just an Issue Take Control of iTunes 12: The FAQ His Ways Are Higher: One Woman's Journey of Self-Forgiveness Against Unbeatable Odds Unreal Engine Lighting and Rendering Essentials How to Get Your Web Content DONE!: How to write, what to write, and why you're writing it CRISC Certified in Risk and Information Systems Control All-in-One Exam Guide Time Series Modeling for Analysis and Control: Advanced Autopilot and Monitoring Systems (SpringerBriefs in Statistics / JSS Research Series in Statistics) Guns: Complete Gun Guide for Beginners from Buying and Owning

(Guns, firearms, self defense, deer hunting, police officer, weapons, military) Programming Google App Engine with Python: Build and Run Scalable Python Apps on Google's Infrastructure Take Control of the Mac Command Line with Terminal Data and Goliath: The Hidden Battles to Collect Your Data and Control Your World Success Secrets of the Online Marketing Superstars