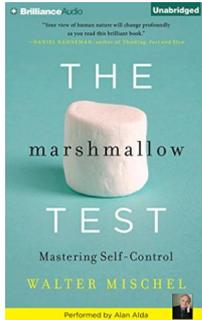


## Read Doc

# THE MARSHMALLOW TEST: MASTERING SELF-CONTROL



BRILLIANCE AUDIO, 2015. CD-Audio. Condition: New. Unabridged. Language: English. Brand New. 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...

### Download PDF The Marshmallow Test: Mastering Self-Control

- Authored by Walter Mischel
- Released at 2015



Filesize: 3.51 MB

## Reviews

---

*Very good e-book and valuable one. It can be written in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).*

-- **Mr. Antwon Frami**

*A must buy book if you need to adding benefit. I actually have read through and so i am certain that i will likely to read through once again once again down the road. I am just quickly could possibly get a delight of looking at a created ebook.*

-- **Jayme Beier**

*It in a single of my personal favorite ebook. It really is filled with wisdom and knowledge I discovered this book from my dad and i recommended this book to discover.*

-- **Kyla Goodwin**

---