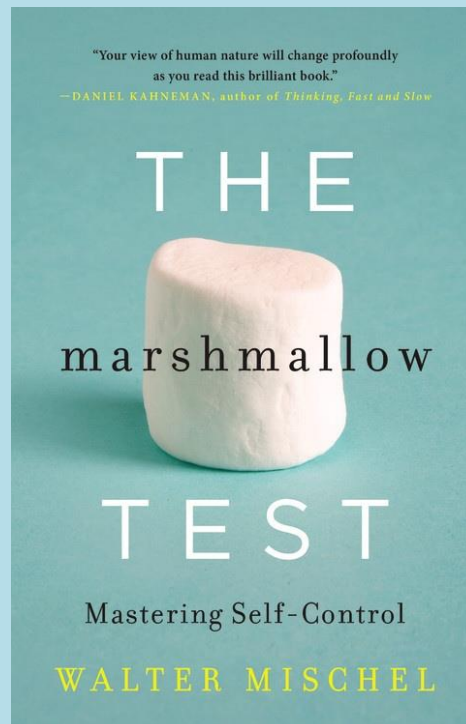


Po Leung Kuk Tang Yuk Tien College
2015-2016
Good Book Sharing – Ms. Ho Sin Ming



Title: The Marshmallow Test: Mastering Self-Control

Author: Walter Mischel

Published September 23rd 2014 by Little, Brown and Company (first published 2014)

Summary:

A child is presented with a marshmallow and given a choice: Eat this one now, or wait and enjoy two later. This is a famous experiment designed by psychologist Walter Mischel. This book is about this experiment, the responses of the children at that time, the future lives of those children and its implications. Researchers went back to the same children several years later for several times after the experiment. It was found that children who exercised self-control and waited for 20 minutes to get the two marshmallows actually had better academic results, made more money and were fitter and healthier when they were adults. The implication here is clear: good things do come to those who wait.

Reasons to recommend this book:

This experiment helps you to understand more about yourself, and at the same time also introduces how self-control can be mastered and applied to challenges in our everyday life. The more often we think about the long-term consequences before deciding what to do, the more automatic they become, and the more likely we are motivated not to procrastinate.