

# **The Marshmallow Test: Mastering Self-Control By Walter Mischel**

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Author Walter Mischel Biography: Walter Mischel holds the Robert Johnston Niven chair as professor of humane letters in psychology at Columbia University.

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Psychologist Walter Mischel is the author of "The Marshmallow Test: Mastering Self-Control" (2014) and the Robert Johnston Niven Professor of Humane Letters in the

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Oct 10, 2014 The Marshmallow Test: Mastering Self-Control. By Walter Mischel. Little, Brown & Company; 326 pages; \$29. Bantam; 20 Buy from Amazon.com, Amazon.co.uk IN

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