

Walter Mischel Packs Just Essentials for the Tour for His Book ‘The Marshmallow Test: Mastering Self-Control’

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The Wall Street Journal:

Walter Mischel has flown around the world many times during his career, lecturing at universities about his psychological research into how our minds and brains enable us to exert self-control.

A recent trip in the United Kingdom to promote his new book, “The Marshmallow Test: Mastering Self-Control,” brought him face-to-face with an entirely different audience.

“A lot of times I’m speaking to mums who are asking how to raise their babies—not the usual question when I’m giving a talk at Yale,” says the psychology professor at Columbia University, in New York.

Dr. Mischel’s life’s work started with an experiment. Preschool-age children were left alone in a room with a single marshmallow and a choice—eat one marshmallow now, or wait for 15 minutes and eat two.

Read the whole story: [*The Wall Street Journal*](#)