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The Marshmallow Test Walter Mischel, 2014-09-25 A brilliant book Daniel Kahneman author of Thinking Fast and Slow A book that can show you how to change your behaviour Evening Standard A child is presented with a marshmallow and given a choice Eat this one now or wait and enjoy two later What will she choose And what does her decision say about the person she'll become Walter Mischel's now iconic marshmallow test one of the most famous experiments in the history of psychology proved that the ability to delay gratification is critical to living a successful and fulfilling life self control not only predicts higher marks in school better social and cognitive functioning and a greater sense of self worth it also helps us manage stress pursue goals more effectively and cope with painful emotions But is willpower prewired or can it be taught In his groundbreaking new book Dr Mischel draws on decades of compelling research and life examples to explore the nature of willpower identifying the cognitive skills and mental mechanisms that enable it and showing how these can be 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 we think about who we are and what we can be And since as Mischel argues a life with too much self control can be as unfulfilling as one with too little this book will also teach you when it's time to ring the bell and enjoy that marshmallow What readers are saying Accessible read that is both fascinating and has the potential to help change the way we approach self control Fascinating empowering a brilliant aid to taking ownership of your life Encourages the reader that they have the power to change thought provoking [Summary - The Marshmallow Test : Mastering Self-Control by Walter Mischel](#) MY MBA, 2022-02-18 Our summary is short simple and pragmatic It allows you to have the essential ideas of a big book in less than 30 minutes Do you tend to give in easily to temptation By understanding how your brain regulates your actions in the face of temptation you will be able to improve it to avoid giving in easily In this book you will learn Where does the marshmallow test come from How is willpower developed What shapes our willpower How is our willpower influenced by context What is the impact of the marshmallow test result in adulthood How do you teach willpower to a child How can I exercise my willpower on a daily basis Our answers to these questions are easy to understand simple to implement and quick to execute Ready to be more resistant to temptation Let's go Buy now the summary of this book for the modest price of a cup of coffee **Marshmallow Test** Walter Mischel, 2023 **Self-Control** Marcela Herdova, Stephen Kearns, Neil Levy, 2022-12-30 Self control is a fundamental part of what it is to be a human being It poses important philosophical and psychological questions about the nature of belief motivation judgment and decision making More immediately failures of self control can have high costs resulting in ill health loss of relationships and even violence and death whereas strong self control is also often associated with having a virtuous character What exactly is self control If we lose control can we still be free Can we be held responsible for loss of self control In this thorough and clearly written

introduction to the philosophy of self control the authors examine and assess the following topics and questions The importance of self control What is self control Self control and the law of desire Mechanisms of self control How is it possible to lose self control Blameworthiness and the loss of self control Externalist self control Pathologies of self control Combining philosophical analysis with surveys of the latest psychological research and including chapter summaries suggestions for further reading and a glossary of key terms Self Control is essential reading for students of philosophy of mind and psychology moral psychology free will and ethics It will also be of interest to those in related fields such as psychology and cognitive science

The Secret of My Child's Success Gisel Hazan, 2017-03-20 Every parent brings her his child into the world wishing that the child will be healthy happy and successful What is SUCCESS and what is the SECRET of being successful There are two different ideas in the education world Does the child develop a personality by nature or by nurture Even if we accept both views to a certain degree we need to know that every minute we can educate and change ourselves by improving our brain s functioning In recent years even people who were raised under difficult conditions have been able to find opportunities to improve and educate themselves thanks to self help books This book draws on my educational and professional experience on child psychology as well as on information derived from other helpful books We should perform our parenthood duties as set forth in the famous Khalil Gibran poem Children At the end of my book an unexpected surprise will surprise you Please read until the end of my book to learn what the surprise is

Hold on Peter Toohey, 2020 What do you do when you re not asleep and not eating You re most likely waiting to finish work to get home to finish your duties This book aims to describe how many people experience waiting and how important this is in popular and highbrow culture and in real life and how we cope with it

Social Cognition in Middle Childhood and Adolescence Sandra Bosacki, 2016-10-31 Bridging psychological theory and educational practice this is an innovative textbook on the emotional and social aspects of young people s development Bosacki s Social Cognition in Middle Childhood and Adolescence First Edition moves beyond tradition cognitivist representations of how children learn and grow focusing on how to integrate the emotional cognitive moral spiritual and social in young people s experiences This text bridges the gap between theory and practice analyses cutting edge research and translates it into culturally sensitive and developmentally appropriate strategies for future educational practice

Rules of Resilience Valorie Burton, 2025-09-16 What if you could learn the secret to thriving no matter what obstacles setbacks or challenges come your way No matter what it is you want in life the difference between success and failure is resilience Fortunately the skills of resilience can be learned In Rules of Resilience Valorie Burton best selling author and CEO of the Coaching and Positive Psychology Institute teaches you how to build or strengthen your own personal resilience system offering practical strategies you can employ immediately to conquer obstacles overcome setbacks achieve greater happiness and succeed at higher levels than ever before Drawing on more than two decades of experience as a personal and executive coach and her extensive work in the pioneering field of applied positive psychology Burton reveals

how to build a level of mental and emotional fitness and strength that will transform your work relationships finances and health consolidates intriguing research into easy to remember rules that can be put into practice right away guides readers through any current or potential challenge enabling them to conquer obstacles and achieve their life goals in a healthy and meaningful way Once you know the rules of resilience and start practicing them you ll discover that it s possible to learn how to grow through challenges and not just go through them If you re ready to learn the secrets of life changing resilience let Valorie Burton be your guide in this transformational book

Raising Resilient Kids Raising Resilient Kids,2024-12-05 Mr Anup Prabhakaran is a highly respected authority in the field of Education with over 15 years of experience working in various educational settings around the globe His expertise extends beyond traditional educational leadership encompassing a deep commitment to training teachers on mindfulness and Social Emotional Learning SEL methods These skills are crucial in today s educational landscape where fostering emotional intelligence and resilience in students is as important as academic achievement He has a proven track record of designing and implementing effective training programs for educators He has led numerous workshops that focus on the integration of mindfulness practices and SEL strategies into the classroom equipping teachers with the tools to nurture a holistic learning environment These workshops are grounded in the latest research on emotional and social development ensuring that teachers can apply practical evidence based strategies in their daily interactions with students His approach to Parenting Education is comprehensive and nuanced drawing from his extensive experience in international education He understands that effective parenting goes hand in hand with mindful teaching practices especially in today s diverse and multicultural classrooms By promoting mindfulness he has helped parents and educators foster a calm and supportive environment where children can develop self awareness empathy and emotional regulation Mr Anup s work is not just about imparting knowledge it is about inspiring transformation in educational practices and parenting approaches worldwide By focusing on the emotional and social well being of children he ensures that both parents and educators are equipped to support the development of well rounded emotionally intelligent individuals who are prepared to navigate the complexities of the modern world

Exploring the Concept of Feel for Wellbeing and Performance Jay Kimiecik,Doug Newburg,2022-12-13 This book analyses and unpacks the term Feel by exploring its many definitions and examples in real life Incorporating psychological theories and case studies it offers a groundbreaking look into what it means to Feel and its importance in people s everyday lives Experiencing life without Feel has led to many deleterious performance health and wellbeing consequences Exploring the Concept of Feel for Wellbeing and Performance takes a deep dive into the origins and definitions of Feel asking what has happened to the Feel experience and what people must do to recoup their Feel With a highly accessible tone and clear structure the book provides its readers with effective ways to improve performance and enhance wellbeing The authors challenge the status quo of both performance science and wellbeing practices and begin a conversation on why people should be more proactive when it comes to their

Feel Anyone interested in helping themselves or others with performance excellence and wellbeing will benefit from this book which blends science and practice and provides many examples of people from all walks of life who live with Feel The book will also be key reading for students and practitioners interested in sport psychology leadership studies mental health studies counselling and life coaching *Fostering Attention: Make your child more focused* Robert Ward,2023-07-02

Fostering Attention Make your child more focused is an insightful and comprehensive guidebook for parents educators and caregivers who are dedicated to supporting children in developing strong concentration skills This book provides a wealth of knowledge practical strategies and engaging activities to help children thrive academically emotionally and socially The book begins by emphasizing the importance of concentration in children s development and its impact on various aspects of their lives The content delves into the various factors that influence concentration including the environment emotional well being attention and age appropriate activities Readers will gain a deep understanding of how to create an optimal environment that minimizes distractions and provides appropriate resources to enhance concentration They will learn about the power of routines and structure in establishing a conducive learning environment and discover effective techniques for time management note taking and summarizing The book also highlights the role of mindfulness and self awareness in promoting concentration offering practical exercises and relaxation techniques to help children cultivate these essential skills It delves into the concept of a growth mindset encouraging readers to foster a positive attitude towards challenges and embrace the process of learning Throughout the book readers will find a rich collection of age appropriate activities designed to enhance concentration These activities encompass various domains such as yoga tai chi aerobic exercises puzzles and brain games visualization meditation art and crafts music and dance storytelling and drama Each activity is accompanied by detailed instructions and explanations of its benefits Recognizing the diverse challenges children may face the book addresses common concentration problems and offers guidance on identifying and addressing medical developmental and environmental factors that may impact concentration *Fostering Attention Make your child more focused* is a valuable resource for parents educators and caregivers seeking to optimize children s concentration abilities With its in depth content evidence based strategies and a wide range of engaging activities this book equips readers with the tools they need to empower children on their journey towards improved focus enhanced learning and personal growth **Adult**

ADHD-Focused Couple Therapy Gina Pera,Arthur L. Robin,2016-01-08 Since ADHD became a well known condition decades ago much of the research and clinical discourse has focused on youth In recent years attention has expanded to the realm of adult ADHD and the havoc it can wreak on many aspects of adult life including driving safety financial management education and employment and interpersonal difficulties Adult ADHD Focused Couple Therapy breaks new ground in explaining and suggesting approaches for treating the range of challenges that ADHD can create within a most important and delicate relationship the intimate couple With the help of contributors who are experts in their specialties Pera and

Robin provide the clinician with a step by step nuts and bolts approach to help couples enhance their relationship and improve domestic cooperation This comprehensive guide includes psychoeducation medication guidelines cognitive interventions co parenting techniques habit change and communication strategies and ADHD specific clinical suggestions around sexuality money and cyber addictions More than twenty detailed case studies provide real life examples of ways to implement the interventions

Power of Patience Purnima Banerjee,2025-01-23 Discover the transformative power of patience in this comprehensive guide designed to help you thrive in today s fast paced world This book unpacks the timeless virtue of patience showing how it can be the key to personal growth lasting relationships and professional success With a blend of real life stories actionable strategies and inspiring insights it equips you to face challenges overcome setbacks and unlock the rewards of delayed gratification At present when the world is obsessed with instant results impatience often leads to frustration and burnout This book reveals why patience isn t just a passive virtue but an active skill that fosters resilience mental clarity and emotional intelligence Drawing from research ancient wisdom and modern practices it teaches how to cultivate patience as a tool for achieving long term goals and living a fulfilling life From mastering thought management to strengthening empathy this book covers it all You ll learn how to develop a growth mindset maintain consistency over time and build self discipline It also dives into breaking habits of impulsiveness fostering compassionate relationships and creating supportive communities Each chapter offers practical steps and thought provoking exercises to integrate patience into every aspect of your life Whether you re a professional striving for success a parent nurturing patience in children or an individual seeking inner peace this book is for you It caters to readers of all backgrounds who aspire to live with greater focus purpose and compassion The relatable examples and practical tools make it an ideal resource for anyone navigating the complexities of modern life What sets this book apart is its holistic perspective It bridges the gap between personal and social transformation by emphasizing the ripple effect of patience By practicing patience not only do you elevate your own life but you also inspire others fostering harmony and understanding in your community The book s engaging storytelling and step by step guidance make it a compelling read Do you know the consequences for impatience Are you ready to transform your life with the power of patience Take the first step by diving into this book and discovering how to master this vital skill With every chapter you ll gain the tools and inspiration needed to embrace challenges stay consistent and create a life of lasting success and fulfillment Begin your journey today

EBOOK: Behavioral Corporate Finance, 2/e SHEFRIN,2018-05-18

EBOOK Behavioral Corporate Finance 2 e Psychology in Action, with EEPUB Access Karen R. Huffman,Catherine A. Sanderson,Katherine Dowdell,2025-04-08 Provides a foundational understanding of the field of psychology helps students apply core concepts of psychology to their personal growth and success Easy to adapt to any course syllabus Psychology in Action Fundamentals of Psychological Science provides a college level survey of the field of psychology Students engage with real recent research while developing their scientific literacy with special features in each chapter Covering both the

practical application and underlying science of psychology easily accessible chapters highlight the relevance of psychological science to understanding and having agency in everyday experiences and behaviors Now presented in a concise 14 chapter format this new edition of Psychology in Action retains its emphasis on active learning and fostering a growth mindset An expanded prologue focuses on critical thinking and student success and new to this edition Why Scientific Thinking Matters develops scientific thinking skills by examining a hot topic or common belief and new research supporting or disproving different perspectives Every module explores applications of psychology for personal growth and success and throughout this edition revised chapters ensure that multiple viewpoints and experiences are represented so that all readers can find respect and a sense of belonging AN INTERACTIVE MULTIMEDIA LEARNING EXPERIENCE This textbook includes access to an interactive multimedia e text Icons throughout the print book signal corresponding digital content in the e text Videos and Animations Psychology in Action integrates abundant video content developed to complement the text and engage readers more deeply with the fascinating field of psychological science Chapter Introduction Videos Author Catherine Sanderson introduces students to the topic they are about to study in a casual lively and conversational way to pique curiosity and give practical everyday context Reading Companion Videos Several short videos complement the reading content in each module of every chapter Topical Videos These vibrant videos presented by the authors dive deep into a key topic In The Classroom Videos These videos feature short segments of Catherine Sanderson lecturing in her own classroom or a moderated student discussion of selected chapter topics Animations A variety of engaging animations illustrate difficult to learn concepts from a real world perspective Interactive Figures Charts Tables Appearing throughout the enhanced e text interactive figures process diagrams and other illustrations facilitate the study of complex concepts and processes and help students retain important information Interactive Self Scoring Quizzes Self Test questions in each Module s Retrieval Practice and a Practice Quiz for each chapter provide immediate feedback helping readers monitor their understanding and mastery of the material

Uncertain Maggie Jackson, 2023-11-07 A Selection of The Next Big Idea Club Maggie Jackson s incisive and timely book is a provocative exploration of the surprising benefits of not knowing and shows how this state of mind can jolt us from intellectual complacency and foster creativity resilience and mutual understanding Uncertain is a triumphant ode to the wisdom of being unsure Daniel H Pink 1 New York Times bestselling author of The Power of Regret Drive and When With cutting edge science and insights both surprising and practical Uncertain shows how cultivating an open and unsettled mindset can help us to spark curiosity compassion and creativity Gretchen Rubin New York Times bestselling author of The Happiness Project and Life in Five Senses remarkable and persuasive Library Journal A revolutionary guide to flourishing in times of flux and angst by harnessing the overlooked power of our uncertainty In an era of terrifying unpredictability we race to address complex crises with quick sure algorithms bullet points and tweets How could we find the clarity and vision so urgently needed today by being unsure Uncertain is about the triumph of doing just that A scientific adventure tale set on the

front lines of a volatile era this epiphany of a book by award winning author Maggie Jackson shows us how to skillfully confront the unexpected and the unknown and how to harness not knowing in the service of wisdom invention mutual understanding and resilience Long neglected as a topic of study and widely treated as a shameful flaw uncertainty is revealed to be a crucial gadfly of the mind jolting us from the routine and the assumed into a space for exploring unseen meaning Far from luring us into inertia uncertainty is the mindset most needed in times of flux and a remarkable antidote to the narrow mindedness of our day In laboratories political campaigns and on the frontiers of artificial intelligence Jackson meets the pioneers decoding the surprising gifts of being unsure Each chapter examines a mode of uncertainty in action from creative reverie to the dissent that spurs team success Step by step the art and science of uncertainty reveal being unsure as a skill set for incisive thinking and day to day flourishing

Why They Can't Write John Warner, 2020-03-17 An important challenge to what currently masquerades as conventional wisdom regarding the teaching of writing There seems to be widespread agreement that when it comes to the writing skills of college students we are in the midst of a crisis In *Why They Can't Write* John Warner who taught writing at the college level for two decades argues that the problem isn't caused by a lack of rigor or smartphones or some generational character defect Instead he asserts we're teaching writing wrong Warner blames this on decades of educational reform rooted in standardization assessments and accountability We have done no more Warner argues than conditioned students to perform writing related simulations which pass temporary muster but do little to help students develop their writing abilities This style of teaching has made students passive and disengaged Worse yet it hasn't prepared them for writing in the college classroom Rather than making choices and thinking critically as writers must undergraduates simply follow the rules such as the five paragraph essay designed to help them pass these high stakes assessments In *Why They Can't Write* Warner has crafted both a diagnosis for what ails us and a blueprint for fixing a broken system Combining current knowledge of what works in teaching and learning with the most enduring philosophies of classical education this book challenges readers to develop the skills attitudes knowledge and habits of mind of strong writers

The Smart But Scattered Guide to Success Peg Dawson, Richard Guare, 2016-01-16 Dawson and Guare offer guidance for boosting executive skills the core brain based abilities needed to get more done with less stress They provide simple yet effective strategies for maintaining focus conquering clutter staying on top of work demands and taming the chaos of family life

Impulsivity Jeffrey R. Stevens, 2017-03-29 As the 64th volume in the prestigious Nebraska Series on Motivation this book focuses on impulsivity a multi faceted concept that encompasses such phenomena as the inability to wait a tendency to act without forethought insensitivity to consequences and or an inability to inhibit inappropriate behaviors Due to this multi faceted nature it plays a critical role in a number of key behavioral problems including pathological gambling overeating addiction adolescent risk taking spread of sexually transmitted diseases criminal behavior financial decision making and environmental attitudes This broad and interdisciplinary scope has historically resulted in separate

subfields studying impulsivity in relative isolation from one another Therefore a central achievement of this volume is to convey an integrative exploration of impulsivity To provide a comprehensive and cohesive understanding of impulsivity this volume brings together eminent scholars and rising researchers from different domains developmental psychology neuroscience animal cognition anthropology addiction science who use different techniques behavioral assays imaging endocrinology genetics Moreover it includes perspectives and analyses from the two primary types of impulsivity impulsive choice or decision making and impulsive action or disinhibition The authors present expert analyses of topics such as delayed gratification discounting models and adaptive foraging decisions Leveraging breadth of coverage and renowned scholarship Impulsivity How Time and Risk Influence Decision Making advances our understanding of this complex topic and sheds light on novel research directions and potential future collaborations

The Art of Patience in a Fast-Paced World **Ciro**

Irmici,2025-01-17 Are you tired of feeling rushed overwhelmed and constantly behind in a world that demands more from you every second The Art of Patience in a Fast Paced World is your guide to reclaiming your peace transforming your mindset and thriving in the chaos of modern life This powerful and practical book explores the forgotten art of patience offering you tools to Slow down without falling behind Break free from the trap of instant gratification Make better decisions through clarity and calm Build stronger relationships with understanding and empathy Cultivate mindfulness and embrace the beauty of the present moment Packed with actionable insights inspiring stories and research backed strategies this book will help you reduce stress find focus and live a more intentional and fulfilling life Whether you re navigating challenges in your career relationships or personal growth patience is the key to unlocking your potential Rediscover the power of waiting trusting the process and finding joy in the journey The Art of Patience in a Fast Paced World isn t just a book it s a life changing mindset shift

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