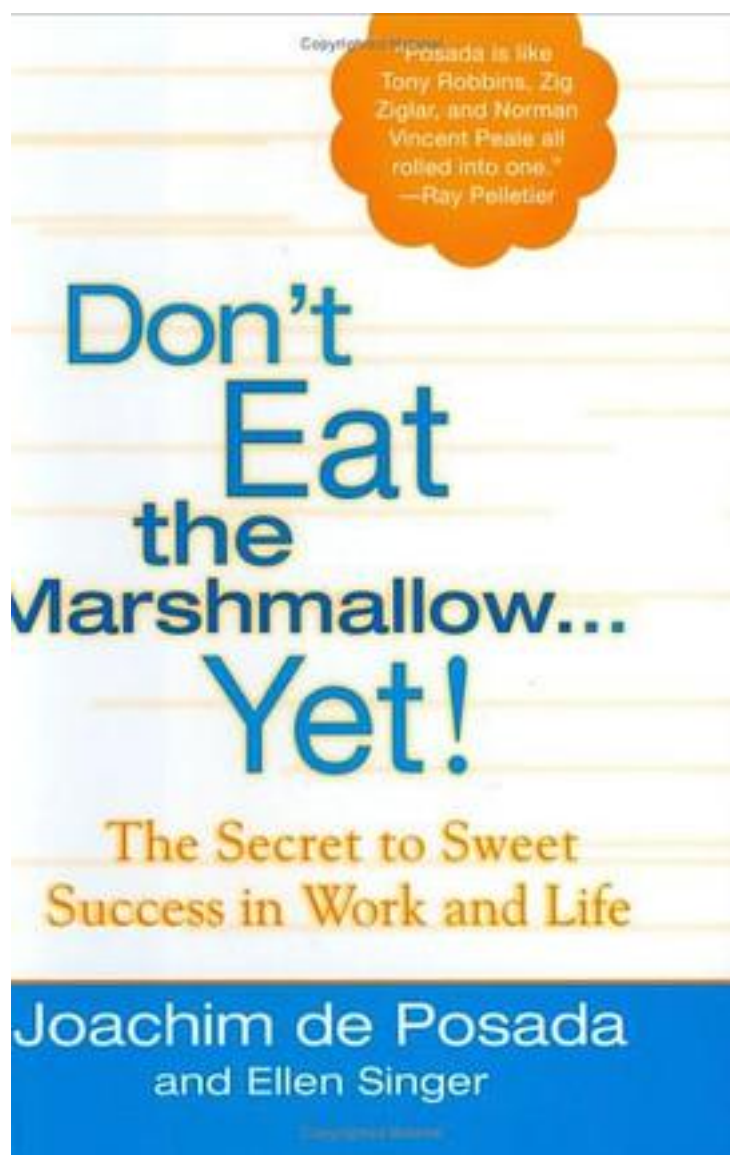


Don't Eat The Marshmallow Yet!



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著者:Joachim de Posada

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Arthur is a chauffeur who is intellectually gifted. Jonathan is no less bright than Arthur, equally hard-working, and a billionaire. So why is Jonathan in the back seat of the limousine and Arthur in the front? What explains the difference between success and failure? And what does it mean to you and your children?

Joachim de Posada, a world-renowned motivational speaker, found the answer in a landmark Stanford University study of children who were able to delay gratification-in the form of a marshmallow they'd been given to eat-with the promise that they'd be rewarded with an additional marshmallow if they resisted eating the first for fifteen minutes. Ten years later, the children who held out had grown up to be significantly more successful than those who had eaten their marshmallow immediately.

Posada saw that the key difference between success and failure is not merely hard work or superior intelligence, but the ability to delay gratification. "Marshmallow resisters" achieve high levels of success while others eat all their marshmallows at once, so to speak-accumulating debt and dissatisfaction despite their occupations or incomes. But it doesn't have to be that way. Using a simple parable and real-life examples (including basketball great Larry Bird and major league baseball catcher Jorge Posada, Joachim's cousin), this life-changing book shows readers how the moves made today can pay off big tomorrow-if they just don't eat the marshmallow...yet!

作者介绍:

乔辛·迪·波沙达，美国著名演说家，自我开发咨询师。代表作为《先别急着吃棉花糖》。该书被译成多种语言，畅销20余个国家，全球热销300余万册，改变了无数读者的人生。

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评论

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书评

我从这本书中受益匪浅。我想，我也要像故事中的阿瑟一样，学会将“延迟满足”这一理论应用到我的学习和生活当中。这是一本内容简单而且道理也算浅显易懂的书，它由一个著名的心理学实验引起，以一个故事的方式告诉我们“延迟满足”以及其相关的内容，是对于人生和成功的...

世界上的诱惑太多 世人对物质的渴望太强烈 太急切 最好今天买彩票 明天中5.7个亿元
胖子是一口一口吃出来的 该书的观点是 想要成为高富帅 要有目标知道自己想要什么
一步步的学会各种你需要的技能
和康永哥的一句话有相似：15岁觉得游泳难，放弃游泳，18岁时遇到一个你喜欢的...

书的故事形式以“老师”身份的雇主教导“学生”身份的司机展开。
棉花糖的故事流传已久。这是一次心理实验，科学家把一块棉花糖放在小孩子面前，如果孩子能抵御棉花糖的诱惑，忍15分钟不吃它，就可以得到两块糖。此时，科学家记录下小孩子们的应对情况。数十年后科学家追踪孩...

这本是给儿子买的书，励志类的，自己看了看，也激励一下自己。
成功其实就是管理好自己，管理自己最重要的就是控制欲望，这也是最难的。
人的欲望太多了，就迷失了自己，忘记了自己的目标。
树立目标，明确方向，管理时间，分清主次，控制欲望，稳定进步，这就是成功之路。
说...

对我来说，这也是一本小书，无聊买的。主要是主人公被告知要积累自己的母钱，然后
让母钱生子钱和孙钱。

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