



Don't Eat the Marshmallow Yet!: The Secret to Sweet Success in Work and Life

Joachim de Posada , Ellen Singer

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Learn how to achieve success--and eat your marshmallows, too--with this motivational, life-changing book.

What explains the difference between success and failure? And what does it mean to you and your children?

The answer lies in a landmark Stanford University study. Children were left in a room, each with a marshmallow, and given the choice of eating it then or fifteen minutes later, when they were promised an extra marshmallow as a reward for waiting. Some ate theirs right away. Others waited. But the study's real significance came a decade later when the researchers discovered that the children who held out for the reward had become more successful adults than the children who gobbled their marshmallows immediately.

The lesson wasn't lost on Joachim de Posada, a world-renowned motivational speaker to thousands of corporate executives and professional athletes. The "marshmallow theory" answered a thirty-year quest to find a compelling explanation for why some people succeed and others fail. Posada was convinced 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 the rest of us eat all our marshmallows at once, so to speak--accumulating debt and dissatisfaction no matter what our 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 book shows you how the moves you make today can pay off big tomorrow--*if you just don't eat the marshmallow...yet!*

Don't Eat the Marshmallow Yet!: The Secret to Sweet Success in Work and Life Details

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Work and Life Joachim de Posada , Ellen Singer

From Reader Review Don't Eat the Marshmallow Yet!: The Secret to Sweet Success in Work and Life for online ebook

Won Lee says

Don't Eat the Marshmallow Yet, is a very motivating novel written by Joachim de Possada and Ellen Singer. It seems like this story is very closely related to a marshmallow, but the word "marshmallow" is actually a symbolic word which the author uses to talk about both temptation and reward. This book is mainly composed of dialogues between Mr. Patient and his chauffeur, Arthur, and the story develops as Arthur, a young man who was living a complacent life, starts to change his mind as he begins to learn some lessons from his billionaire employer.

The story begins with Jonathan Patient, a successful CEO of a company, saying, "Arthur, you're eating the marshmallow again!" (1). Arthur seems to be very confused because he is actually eating a hamburger. However, after Jonathan tells him a "marshmallow story", which is a research for an experiment about "the effects of delayed gratification in children", the story really intrigues Arthur and he starts to ask Jonathan for more and more stories during the car ride (13). From then on, Jonathan tells Arthur about some stories of successful people like Mahatma Gandhi and Jorge Posada and also some quotes about success, and day by day, Arthur's life starts to change. When I was reading this book, there was one quote that touched me the most: "What am I willing to do today in order to become successful tomorrow?" After reading this question, I started to find my own answer. Seemingly, by reading this book, I was able to think more deeply about how to become a "successful" person, and I recommend this book to anyone who thinks they are too far away from "success" because this book can teach them many lessons that can change their life.

Jon(athan) Nakapalau says

Walter Michael conducted an experiment at Stanford University. He put 4 year olds in a room by themselves and placed a marshmallow in front of them giving them a simple choice: "You can have the marshmallow now or you can wait 15 minutes and get 2 marshmallows." Following the children for 10 years he found that the children who had resisted eating the marshmallow had better school grades and socially integrated better than the children who could not resist eating the marshmallow right away. Building on this concept Joachim de Posada writes an interesting parable that applies this concept to professional career choices.

Yong Won says

"Don't Eat the Marshmallow... Yet!" written by Joachim de Posada, is famous of "Marshmallow story" in Korea. I read this book first about 5 years ago. The book was covered with pink color and marshmallow picture, looked so lovely and interesting for me. At first, I thought that it might be a kind of fantasy story such as "Harry Potter". However there was nothing relative with fantasy. It was about dream, planning and saving money. But the story was more interested than my expectation. When I read the 'marshmallow experiment', I considered that if I took part in the experiment, I could wait for a 15 minute or not. At first was of course. But in the story, Jonathan was only 4 years old when he took the experiment. Can the 4 years old children really wait for 15 minute? May be, it can. But it is going to be really difficult for them. In our real life, I think that marsh mallow is computer game, TV show and fast food for us. So if we wait for 15

minute instead of eating marshmallow, I believe that we can get something that more delicious than marshmallow.

Sophia says

The children literature book "Don't eat the marshmallow... Yet! for Children" by Joachim de Posada, Ellen Singer is about The 11 year old elementary school student Jennifer has a well to do family, but she has many problems, complaints in her school work and life. Jennifer's father Jonathan has a successful career and also very busy at work. In order to help Jennifer grow up better, Jonathan share with her about his personal experience of marshmallow experiment, and finally Jennifer become more confident and learned lots. At the beginning of the story, Jonathan found out that Jennifer's some actions and thoughts are not right, so Jonathan made a marshmallow operation plan, there are seven marshmallow to teach Jennifer became a more perfect person. And Jonathan teach her two marshmallow plan, how to provide the impetus of learning and build self confidence.

At the middle of the story, Jonathan teach Jennifer master time from the swimming class, and encourage her use money wisely by sale things in flea market. And the driver of their family told a story of himself, let Jennifer know always try to reach our goals.

At the end of the story, Jonathan shared the marshmallow experiment of Stanford University that he has attended it as a child. Jonathan told Jennifer the last two marshmallow that is the ways to found friends and control the diet. Finally, Jennifer didn't complains when meets some troubles, become more mature and helpful, also more confident.

This story shows us that delay gratification makes us learn control ourself and become more success at the road you grow up.

?????? says

Very good motivational and inspirational book.

Mindy Cho says

Don't Eat The Marshmallow Yet is a story about a hard-working billionaire and his success in life. The author writes about a story about the main character, Arthur and his chaperon limo driver, Jonathon, who is equally intelligent and rich. This book shows why they are separated in their levels of achievement and success. This book also ties in a research study that was done at Stanford University with children that were left in a room and given a choice of eating a marshmallow or waiting 15 minutes for an extra marshmallow as a reward for waiting. An interesting result showed that the children who waited an extra 15 min. grew up to be more successful adults in the future than the children who ate their marshmallow immediately.

I think this book was very interesting because it ties in a story with an actual research done with waiting for marshmallows. I was lead to this book because of the psychological aspect of this research experiment that was conducted and thought it was very interesting how it was linked with the success of these children as they grew up.

I really liked the writing style of the author in this book because the overall story could be related to real life

situations and was helpful for individual improvement and success. It also ends with ways for the reader to start their own "marshmallow plan" to achieve a goal in life and think of ways to improve him/herself. The ending of the book allowed the reader to take a look at his/her own life and make improvements to become a better person. I think this book is a good self improvement book.

Elena Shyringovskaya says

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Kevin says

This story is based on a study from Stanford. Each kids in the separate room was each given a marshamllow. The objective is that if the kids do not eat the marshmallow for 30 minutes, they will be awarded another marshmallow. It turns out that kids who waited and got two marshmallows had much more successful lives than kids who ate without waiting.

The story starts with two main protagonist: Arthur and Jonathan. Arthur is a chauffeur of Jonathan, a billionaire. Arthur one day asks Jonathan 'how to succeed' in life. Jonathan simply answers 'Don't eat your marshmallow'. Then, Jonathan gives an example of Arthur's daily "consumption of marshmallow". Arthur always eat McDonalds, and Jonathan mentions that if he saved money for that junk, later Arthur will pay less health insurance and buy a nice dinner instead. Since the teaching of Jonathan, Arthur begins his adventure to become like Jonathan.

The ending is very inspiring and motivating - this book must be read.

This book definitely inspires you to become much better person through self-control. The author successfully conveyed his message that we readers should also try not to eat marshmallows and collect more and more until we have a thousand marshmallow, a million marshmallow and even more. This book was given me some new ideas of how to become successful and it does it really well by telling us a story, instead of directly stating and telling people not to eat marshmallows.

Tatiana Kim says

very good book! no buts just read it!

Gayoung says

Don't Eat the Marshmallow Yet!

The description (created for you by GoodReads)

- 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!

Write a Review

- This book describes patience to children. Children usually like marshmallow very much. But if they have patience for appetite eating marshmallow, it's higher to success, according to this book. This was interesting opinion.

Andrew S says

The self-help book "Don't Eat the Marshmallow Yet!" by Joachim de Posada is recommended to everybody. After reading this book, it made me very satisfied and felt like I have learned another valuable idea. This book is the story about a Chairman of a enormous company and his chauffeur having a talk every morning and afternoon going and coming from work. Although they both are intelligent and clever people, one is a chairman of a leading company and one is his chauffeur. The chairman tells a story of what led to his success. The book concludes that the delay of gratification was his leading component to success. After I finished the book, I found myself striving to test out the theory of delaying gratification for success. The book makes you to act differently without noticing it. It influences you greatly, and I believe that this book has changed me greatly. Overall, I wish that everybody reads this book to realize and seek for their potential skills.

Narin Kim says

I first read a Korean translated version of this book when I was in 6th grade. Even though I wasn't so great with understanding hidden meanings in texts, the basic and clear messages in this book taught me many useful lessons to carry on my life. A successful billionaire, Jonathan, starts giving his driver, Arthur life lessons after he saw him eating a cheap hamburger in the car while waiting for Jonathan. He says to Arthur, "Arthur, you're eating the marshmallow again!". Of course, Arthur gets confused since he was eating a hamburger, not a marshmallow. Jonathan later explains to Arthur how the marshmallow actually means the sweetness of your life or sweet temptations. As they were driving, Jonathan told Arthur stories about

successful people who fought through their temptations and learned how to overcome them. These lessons slowly change Arthur into a more wise person. He starts trying not to fall for the temptations he faced and instead, save his money and slowly work to become a successful person rather than serving as a driver for his whole life. Arthur regrets the choices he made when he was young, but cheers himself by telling him it's not late If he starts now, too.

This book deserves 10 stars If possible. It is a really good book to check out once in your life before you get too old. I would recommend this book to my friends and people in middle school/high school because I want to share all the good lessons that were mentioned in this book. I guarantee that this book will help you choose your future and wake yourself up If you haven't already. It's a great book, and I really do hope everyone in middle school reads this book. It's just too good to keep it to myself.

Paul says

Don't eat the marshmallow yet is about a successful billionaire teaching his driver about how he succeeded in his life. The billionaire, Jonathan talks about how self control and the ability to persevere are the major key to success. The book talks about an interesting experiment that was done to kids. They gave a marshmallow to the kids and told them that they would get another marshmallow as a reward if they wait patiently for 15 minutes. There were some kids that waited patiently for 15 minutes and got another marshmallow, and some couldn't endure and devoured the marshmallow that was in front of them. Few years later, they tracked the kids that participated in this experiment and they found out how they were doing. The result was pretty interesting. The kids that controlled themselves from eating the marshmallow few years ago had better grades in school, had better relationships with their friends and etc.

It will be a very quick read and if you don't have time, just watch a video or documentary about this experiment. This book will help you think about your decisions next time in your life. Don't eat your marshmallow yet!

FairyP says

Amazing! :)

Grace Kim says

*** ACTUALLY, THE BOOK I READ DURING THE BREAK IS <99°C> BY JOACHIM DE POSADA, BUT THE BOOK WASN'T UPLOADED TO THE LIST, SO I'M WRITING IT HERE, I DID MY BEST.

Water boils at 100 °C. Without 1 °C, water never boils at 99 °C. It is that one degree which sways water's fate. This is a basic knowledge that we learn in Chemistry. However, the author conveys the knowledge outside of the boundary of Chemistry to our life.

Oliver, was in a car accident when he was 7 years old. Not only his right leg, but his heart, energy got damaged. He thought people look at him with bias, and his confidence shrank as time passed. However, there were a lot of good people around him. Juliet, Andrew, his parents, Mr. Owen and especially, Palding inspired him, and tried to rescue him outside of his own cage. They told him to not breakdown, to recognize himself, to succeed from the failure, and to heat 1 °C more to boil. Oliver was a great singer, but he didn't think he was, until others helped him to recognize it. With their efforts, he finally realized himself, and pushes himself to go on stage. He was not a scared, discouraged little boy.

This book shouts out to every one of us who are wandering how to live a life, that we should know ourselves more than anyone. There are a lot of people out there who do their best until 99 °C, and give up. We should be the ones who push our life 1 °C more to boil. We shouldn't give up, nothing can discourage us more than ourselves. We should know us, recognize us, just the way we are and happily accept it, that way nothing can afraid us. During the break, and before break, I was full of despair, having no idea what to choose for my major, my job, my college, and my happy future. I felt I became so lazy and slothful. By finishing this book at the end of the break, I was able to inspire and urge myself to confront my fault. My goal from today, is to always heat myself 1 °C more, to better myself from yesterday.
