

# Marshmallow Experiment

W H I N N O I T A C I F I T A R G D E Y A L E D  
W Z Z F W J W N N D U K C C C W K K S R Z Q M W  
R O Q M O O G X R Q S F I I H I I G O U J S G R  
Q R L X C O A W M N E K B X U L G Y U H B X N Q  
K Q A L O D Q S R R A Z Z B U A T Y S S G V N N  
O G E H A J F X G M Y R K M V J S V Z C B F T H  
Z Y F V X M I D O T F Y I C H W X K T N F P R B  
M C T U H Z H A V W Q T L U X S Z V X V F N A I  
I Y E B B G E S I G S D P B E F Y E M Q B J I K  
X W X A T D G Z R F R N B U O T B Z O Z D T N H  
N A P G C Y R W O A K M Q C H B T I H Y C E E H  
G B G L H L D G M A M I I J E N J Q I F I M E S  
Y S X R W D N A B I N V H S Z N I A K O Y P D E  
V H T O I I O S O H N R E C C Z I C V S U T E L  
Y E L Y N U O N C K J N B D J H V X T Z M A V F  
T N H A W G C E V S F I F H H P E A L X J T E C  
W Y E F E X T O V J H E A H T C N L I J Q I L O  
U M P S S G F G F G C V W N Y F X I S P E O O N  
V D I L N Y T M I L J E F E O O G M I Z Q N P T  
M C S I R R R L U X G I J R Q R X Y H D L X M R  
V X P L O Z K U I C W Q D Q Z X Q K J Y G O E O  
S O I X C H D I S T A N C E Y O U R S E L F N L  
C D O W I L L P O W E R A K J M X M D O C T T I  
I E L F P H W E Z N E A T W E L L L K L D U F S

Delayed Gratification  
distance yourself  
Marshmallow  
eat well  
Mischel

trainee development  
coping techniques  
temptation  
Stanford

meaning of stimuli  
Self Control  
Willpower  
Ebbesen