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Roy Baumeister is the Michael Jordan of Willpower research. He's the man who coined the term ego depletion, which most willpower researchers draw on today, when they talk about a lack of it. Over the past decades, he built a massive catalogue of studies and research on willpower, following the original Marshmallow experiment by Walter Mischel.

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Willpower Summary - Four Minute Books

Roy F. Baumeister (/ ɹ ɔ̃ b əʊ m aɪ s t ə r / ... Willpower: Rediscovering the Greatest Human Strength (2011). Homo Prospectus (2016). The Power of Bad, co-written with John Tierney, (2019). Books edited. Public Self and Private Self (1986). Self-

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Professor Roy F. Baumeister - Social Psychologist

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