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Roy F. Baumeister – Willpower: Rediscovering the Greatest ... 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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