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Al Siebert (1934 - 2009) was the internationally recognized author of the bestselling The Resiliency Advantage and The Survivor Personality. The Resiliency Advantage won the Independent Publisher Book Awards 2006 Best Self Help Book Award. His bestselling book The Survivor Personality won the USA Book News "Best Books Award Winner" and has been published in ten languages.

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The Survivor Personality: Why Some People are Stronger, Smarter and More Skillful at Handling Life's Difficulties... and How You Can Be, Too by Al Siebert, PhD With foreword by Bernie Siegel, MD ©2010 Berkley/Perigee Publishing ISBN-13: 978-0-399-53592-5. Available now from Amazon.com; Available now from Practical Psychology Press; Chapter One

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THE SURVIVOR PERSONALITY Why Some People Have a Better Chance of Surviving When Survival is Necessary\* by Al Siebert, PhD Survival in a deadly crisis is challenging because of the shock and unexpectedness of the threat. During the chaotic turmoil of a deadly emergency some people feel overwhelmed and freeze up. Others panic and may

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A survivor is very talented at anticipating possible problems at work and at home and planning a

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response to them. (Much like the old saying, "Prepare for the worst, and hope for the best.") People who hate to look before they leap often accuse survivors of being needlessly fearful, stick-in-the-mud thinkers.

## **Survivor Personality: Why Some People Are Stronger ...**

The resiliency researcher and professor, Dr. Al Siebert wrote the ground breaking book, The Survivor Personality: Why Some People are Stronger, Smarter, and More Skillful at Handling Life's Difficulties...and How You Can Be, Too. It was an honor when Dr. Siebert agreed to help me with my book From Woe to WOW.

## **Book Summary: The Survivor Personality | Author, Keynote ...**

Survivor Personality: Why Some People Are Stronger, Smarter, and More Skillful at Handling Life's Difficulties...and How You Can Be, Too: Why Some People ... Diffi culties...and How You Can Be, Too eBook: Siebert, Al: Amazon.com.au: Kindle Store

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The Survivor Personality: Why Some People Are Stronger, Smarter, and More Skillful at Handling Life's Difficulties--And How You Can Be, Too Siebert, Al (Author) Published by Perigee Trade (2010)

## **9780399535925: Survivor Personality: Why Some People Are ...**

Companion site to The Survivor Personality by Al Siebert. Learn how life's best survivors are made stronger and better by extreme adversity, and how to cope in everyday life. Guidelines for thriving in a world of non-stop change. Learn about agility, creative adapting, The Resiliency Advantage, overcoming job loss, serendipity, synchronicity, synergy and more!

## **THRIVEnet: Survivor Personality - Survive, Thrive, and ...**

The Antidote to Fears of Terrorist Acts: Survivor Personality Skills. by Al Siebert, Ph.D. Adapted from The Survivor Personality: Why Some People Are Stronger, Smarter, and More Skillful at Handling Life's Difficulties...and How You Can Be, Too,(Berkeley/Perigee Books, 1996) Attorney General John Ashcroft is urging Americans to have a heightened sense of awareness of their surroundings, be vigilant, and while attentive to the threats, not yield to fear.

## **The Antidote to Fears of Terrorist Acts: Survivor ...**

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Survivor Personality Why Some People Are Stronger, Smarter, and More Skillful at Handling Life's Diffi culties...and How You Can Be, Too by Al Siebert and Publisher TarcherPerigee. Save up to 80% by choosing the eTextbook option for ISBN: 9781101188392, 1101188391.

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The Resiliency Center was founded by the late Al Siebert who studied highly resilient survivors for over fifty years. He authored the award-winning book The Resiliency Advantage: Master Change, Thrive Under Pressure and Bounce Back From Setbacks (2006 Independent Publisher's Best Self-Help book), and best seller The Survivor Personality: Why Some People Are Stronger, Smarter, and

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