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- Illustrated, July 6,

2010 by Al Siebert

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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

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Survival in a deadly
crisis is challenging
because of the shock
and unexpectedness of
the threat. During the
chaotic turmoil of a
deadly emergency

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survivor personality
can be learned. So
read on and benefit
from the survivor
wisdom it will teach
you."

**The Survivor
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The selfishness in
people with survivor
personalities is
paradoxical. When they
do nice things for
others, it is partly

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because it's fun to
have other people
enjoy themselves and
partly because it feels
good. They have
resolved what Maslow
calls the selfish-
unselfish dichotomy.
They have achieved a
state of selfish
altruism.

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studying the
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gained valuable insight into the qualities and habits that help human beings overcome difficult situations-from everyday conflicts to major life ...

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The most resilient people recover from traumatic experiences stronger, better, and wiser. When hurt or distressed, resilient

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people expect to find a way to have things turn out well. They feel self-reliant and have a learning/coping reaction rather than the victim/blaming reaction that is so common these days.

**Resiliency Quiz:
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You?" from the ...**

People with survivor personalities can walk confidently into the unknown because they

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expect to find a way to make things work out. So, if you want to be a true survivor, try focusing your attention less on safety and security and more on developing positive beliefs and expectations, built on a firm foundation of reinforced self-esteem.

**The Survivor
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Pacific Institute®**

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Too, (Berkeley/Perigee
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General John Ashcroft
is urging Americans to
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sense of awareness of
their surroundings, be
vigilant, and while
attentive to the

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