

The classic guide to what makes people survivors, now in a revised and updated new edition. Who survives? Who thrives? As a psychologist who spent more than forty years studying the phenomenon of survival, Al Siebert gained valuable insight into the qualities and habits that help human beings overcome difficult situations—from everyday conflicts to major life stresses. In this revised and updated edition, he delineates the survivor personality and examines the latest research to show how survival skills can be learned, leading to better coping, increased success in work and relationships, and a vastly brighter outlook on the future.

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