

The Resiliency Advantage: Master Change, Thrive Under Pressure and Bounce Back From Setbacks

Al Siebert, PhD

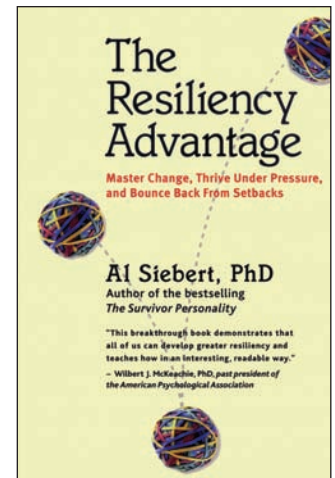
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Resiliency—the ability to adapt to life’s changes and crises—is key to a healthy productive life. In the past, people had to learn how to develop their resiliency on their own. Now, for the first time, the emerging new field of resiliency psychology has identified key qualities of resiliency to develop and provides useful guidelines which Dr. Al Siebert has made accessible to everyone.

Dr. Siebert, author of *The Survivor Personality*, is recognized as a leading expert on resiliency. His decades of research into how people survive and thrive through life’s challenges has led to the discovery that everyone is born with an inner resiliency reserve which they can access and learn to strengthen.

In ***The Resiliency Advantage***, Dr. Siebert uses anecdotes, exercises and examples to move through a unique five-level plan for becoming more resilient. Readers will learn:

- How to sustain health, energy, and positive feelings during the worst of times
- Why trying to stop acting, thinking, or feeling in undesirable ways is an obstacle to becoming resilient
- The myth about stress and how to avoid its handicap
- Why some people are more hardy than others
- The importance long-term optimism, balanced by short-term pessimism
- How to not get drained by “negativity specialists”
- How to gain strength from distressing experiences and convert misfortune into good luck

The Resiliency Advantage, is the winner of the 2006 Independent Publisher’s Best Self-Help Book Award.



About the Author

- *Al Siebert, PhD*, is director of the Resiliency Center and has been studying the resiliency traits in people for over thirty years. He has been featured on National Public Radio, *Today*, and *The Oprah Winfrey Show*, and in many other articles and media appearances. He lives in Portland, Oregon.

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