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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
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*Survivor Personality: Why Some People
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As an educator, I am witnessing a strong and alarming trend towards students lacking grit, resilience, and a survivor mindset. The fear of failure is crippling, and when things go bad, too many people see themselves as victims instead of survivors.

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

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The eight factors are: 1) leadership (the attitude or habit of gathering and organizing people), 2) problem solving (the attitude or habit of strategically tackling problems), 3) altruism (the personality trait that leads people to care about and help others), 4) stubbornness (the personality trait, attitude, or habit of sticking to one's desires or beliefs), 5) etiquette (the attitude or habit of conforming to social norms in daily behavior), 6) emotional regulation (the attitude or habit ...

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with the Power ...*

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