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2006 Best Self Help Book Award. His
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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

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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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was an honor when Dr. Siebert agreed to help me with my book From Woe to WOW.

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reaction that is so common these days.

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