

Lawrence Albert "Al" Siebert

Jan. 21, 1934 ~ June 25, 2009

Lawrence Albert "Al" Siebert was born Jan. 21, 1934, in Portland, Ore., to Donald and Mildred Siebert. After a long battle with colon cancer, he died peacefully at his home overlooking the river on June 25, 2009, with his family surrounding him.

A lifelong resident of Portland, Al graduated from Grant High School, received his BA in psychology from Willamette University, and his MA and PhD in psychology from the University of Michigan. He was an ex-paratrooper, a volunteer recovery group leader with Vietnam veterans, served as chairman of the Multnomah County School Board, and spoke about survivor resiliency at NW tribal gatherings. He served as a volunteer consultant to the World Trade Center 9/11 Survivors Network. He currently was one of three senior advisors working with the US Army Medical Service to create "Provider Resiliency Training" workshops for the working staff in US Army medical installations, and was the lead resiliency trainer for the Eastern Management Development Center for federal managers.

Dr. Siebert, Director of The Resiliency Center, was internationally recognized for his research into the inner nature of highly resilient survivors. His books include: *The Resiliency Advantage*, winner of the Independent Publishers "2006 Best Self-Help Book of the Year" award and published in three languages; *The Survivor Personality*, now in its eighteenth printing and published in seven languages; and *The Adult Student's Guide to Survival & Success*, 2008 USA Book News Award Finalist, Education/Academic category.

Articles by him, books and magazines quoting his work, and use of his popular quiz "How Resilient Are You?" have appeared in many media, including *The Wall Street Journal*, *The Los Angeles Times*, and *Oprah*.

Al is survived by his wife, Molly, his stepson Elton Barksdale, his sister and brother-in-law Mary and Chad Karr, uncle Harold Slane, nieces Leslie and Kristin Pintarich, Cherie Costello, nephew Dan Pintarich, grand-nieces Erin and Kimberly Costello, Elizabeth Pintarich, and grand-nephew Matthew Pintarich.

At his request, no service is planned. Al asked that in lieu of flowers, donations be sent to the Providence Cancer Center and Hospice where he received outstanding, compassionate care. For more about Al and his work and to leave comments for the family, see www.ALSiebert.com.

