

# Salvatore Maddi

The child of immigrant parents, Dr. Maddi knew about the importance of resilience and courage from an early age. After receiving his Ph.D. in clinical psychology from Harvard University in 1960, Professor Maddi taught at the University of Chicago for 26 years, and transferred to the University of California, Irvine in 1986. He is licensed for clinical, health, and forensic practice. Having done his internship at Judge Baker Guidance Center (Boston, MA), he gained much experience in guiding parents in helping their youngsters develop. Sal has published 9 books and 100 papers on such topics as creativity, stress mastery, hardiness, performance, development, and health. His classic book, *Personality Theories: A Comparative Analysis*, published in 1969, is now in its 6th edition, and has been translated into several foreign languages. Always involved in practice and consulting, he founded the Hardiness Institute in 1984.







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For many years, he has done family therapy, especially helping parents to further the development of their offspring. In his influential study of the effects of the U.S. deregulation of its telephone industry, hardiness emerged as the pattern of courage and skills that help people be resilient by turning stressful circumstances from potential disasters into growth opportunities instead. Since that time, voluminous research and practice on hardiness has validated that position. Now, hardiness assessment and training is used in businesses, colleges, and military and safety organizations, and receives regular media coverage. Maddi says, "When you can navigate professional and personal changes in a way that furthers your and your company's goals, strengthens your ability to turn adversity to advantage, and deepens professional and personal meaning, you succeed as a leader and a person. That is the Way of Hardiness."