

# ARON RALSTON

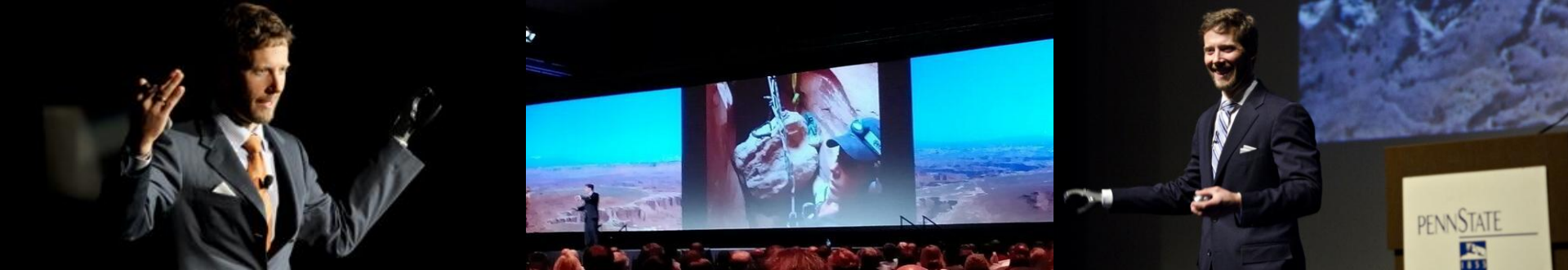
Motivational Speaker and the inspiration for the film **127 Hours**



In 2003, Aron Ralston's extraordinary human drama grabbed headlines around the world. Now, his remarkable story is commanding the spotlight again and is captured in the brilliant film, 127 Hours.

An experienced climber and avid outdoorsman, Ralston was descending a remote Utah canyon alone when an 800-pound boulder broke loose, crushing his right hand and pinning him against the canyon wall. After nearly five days – without water and with no hope of escape – Ralston made a life-or-death decision. He chose life by severing his arm below the elbow, rappelling a 65-foot cliff out of the canyon, and trekking seven miles to find his would-be rescuers.





Ralston documented his life-altering experience in the New York Times best-selling memoir, *Between a Rock and a Hard Place*, which has been adapted for the big screen by Danny Boyle, the Academy Award-winning director of *Slumdog Millionaire*. The film stars James Franco as Ralston, and his performance, as well as the movie, have been nominated for numerous awards.

As an inspirational speaker, Aron Ralston moves audiences with his unforgettable story. An ordinary man pushed to the limits, Ralston demonstrates the human capacity for the extraordinary. He takes you on a riveting journey in which courage, perseverance, and human will defy the inevitable outcome.

## Topics

- ❖ Overcoming Adversity
- ❖ **Motivation**
- ❖ Inspiration
- ❖ **Teamwork**

