

Ruth Bachman
Inspirational Speaker

Grow Through
the Narrow Spots





About Ruth

A nationally respected writer, author, educator and inspirational speaker, Ruth brings a timeless message to diverse audiences about the one constant in life - change.

Over the years Ruth has served as a kindergarten teacher, childbirth educator, aerobics instructor, children's choir director, international travel guide, and volunteer coordinator. Additionally, over 25 years of public speaking experience has honed her comfortable and commanding stage presence.

In 2003 Ruth experienced a life changing cancer diagnosis that lead her to the most demanding and rewarding role of her life--that of an advocate for integrative cancer care for patients and role model for managing change with integrity and grace.

Today, Ruth travels the world to share her enthusiasm for living life with purpose and courage in the face of the inevitable changes that life brings, whether in physical health, finances, careers, or relationships.

The Hourglass Fund

Ruth donates 100% of all speaking fees to the Hourglass Fund at the Minnesota Medical Foundation, University of Minnesota which she established to provide general research support to foster collaboration between the Masonic Cancer Center and the Center for Spirituality & Healing, both at the University of Minnesota; and to support research projects that explore the intersection between cancer and integrative healing practices. Ruth hopes to provide others with the same opportunity she has had – to choose life and live it fully after passing through the narrow spot called cancer.

About “Grow Through the Narrow Spots”

Change is the nature of life and it is human nature to resist it! Do you want to be better prepared to face future changes in your life with confidence? When you are faced with ordinary and extraordinary challenges in your life, do you thrive or merely survive? You will experience a real, compassionate story, along with a metaphor for change (the hourglass) that is powerful, meaningful and accessible. You will discover the value of paying attention when confronted with loss and/or change. Enlightening and enhancing your individual, interior resources will enable you to embrace change rather than resist it, providing the opportunity for transformation and growth. In other words, you will not just go through, but grow through the narrow spots in life!

“I describe cancer as the narrow spot in the hourglass and I am the sand. I have travelled from the top, through the tight spot to the bottom – the same sand but with a different arrangement.”

-Ruth Bachman

Ruth’s Biography

Purpose:

To share her enthusiasm for living life with grace and purpose while encouraging everyone she meets to find their way through the narrow spots in life.

Education:

Graduated from the University of Minnesota in 1971, with a Bachelor of Science Degree in Elementary Education.

Activities:

“Has passport – will travel!” Favorite destination is Italy. Enjoys reading, cooking, studying Italian, attending theater, opera, dance, and Gopher football. Member of St. Andrew Lutheran Church, Eden Prairie, MN.

Family:

A Minnesota native, Ruth lives in Eden Prairie, Minnesota with her husband, Dale. They have been married for 39 years. They are fortunate that their son, Bryan, and his wife Jessica and grandchildren Amy, and Joel; and their daughter, Anna, her husband, David, and granddaughter Tatum all live in Minnesota as well.

Cancer:

Diagnosed with Malignant Fibrous Histiocytoma (Soft Tissue Sarcoma) March 14, 2003; Left trans-radial amputation, June 13, 2003; currently is cancer free.

Life Goal:

To share her inspirational story while contributing to the progress of cancer related research.



“I have learned that with patience and persistence, I can do anything I want to do. Every day I am confronted with something that is two-handed. I have the opportunity to learn to do that thing a new way, to ask for help, or to decide – gracefully – never to do that thing again.”

-Ruth Bachman

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