

Ronald D. Hall

Author & Speaker — Former Police Officer and Certified Forensic Crime Scene Investigator

ENGINEER YOUR LIFE. BUILD YOUR WORTH.

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MEDIA BIO

Ronald D. Hall is an author and speaker, former police officer, and certified forensic crime scene investigator who spent approximately 15 years confronting trauma, loss, crisis, and human resilience at close range. His perspective was shaped further by personal battles, including parenting through chronic illness and the long private work of rebuilding when life does not go according to plan.

Hall writes practical nonfiction for readers who are tired of motivational slogans and want language, strategy, and action they can actually use. His work ranges from caregiving and anticipatory grief in *Where Love Meets Loss* to personal reconstruction in *Grab Life by the Balls* and the economics of professional value in *The Discipline of Worth*. Across those subjects, the central question remains consistent: when circumstances strip away comfort, assumptions, or control, what can a person deliberately build next?

His style is direct, unsentimental, and grounded in lived experience.

SHORT BIO

Ronald D. Hall is an author and speaker, former police officer, and certified forensic crime scene investigator with approximately 15 years of experience confronting trauma, loss, crisis, and human resilience. Drawing on both professional experience and personal hardship, he writes direct, practical nonfiction about grief, rebuilding, discipline, personal value, work, and taking back control when life changes the rules.

BOOKS

Grab Life by the Balls

What to Do When Life Falls Apart and You're the Only One Who Can Fix It | Paperback & Kindle | ISBN 979-8-218-81419-9 | amazon.com/dp/BoFT8W6G4T

A blunt, practical survival manual for people whose lives have fallen apart and who are finished pretending that motivation alone will rebuild them.

The Discipline of Worth

How to Force the Market to Pay You More | Kindle | amazon.com/dp/BoH2BST7CM

A provocative work-and-value book arguing that compensation follows demonstrable market worth, leverage, and evidence — not effort or loyalty alone. Separates personal value from market value and turns career growth into a disciplined process.

Where Love Meets Loss

Caring for a Child with Sickle Cell Disease

A deeply personal account of caregiving, chronic illness, anticipatory grief, and the emotional burden carried by parents caring for a seriously ill child.

MEDIA ANGLES

- From crime scenes to the page: what years of witnessing crisis teach about resilience.
- Hard work is not a compensation strategy — why reliable employees stay underpaid.
- The grief that begins before death: anticipatory grief in caregiving.
- Survival mode is useful in crisis, dangerous as a permanent identity.
- The father as paycheck: what's lost when a man's value is reduced to what he provides.
- Starting over without pretending it's inspirational.

SAMPLE INTERVIEW QUESTIONS

- You spent roughly 15 years in policing and forensic crime-scene work. How did seeing people at the worst moments of their lives change the way you understand resilience?
- Why do you resist the usual language of "self-help"?
- In *The Discipline of Worth*, what do you mean when you say your pay does not equal your value?
- What is a "Value File," and why should employees keep one?
- What do people misunderstand about anticipatory grief?

SPEAKING & PODCAST TOPICS

- Engineer Your Life. Build Your Worth. — agency, discipline, and refusing to let one chapter define a life.
- Your Pay Doesn't Equal Your Value — separating human worth from market price.
- When Life Falls Apart, Motivation Is Not Enough — moving from survival mode to deliberate reconstruction.
- The Weight Caregivers Carry Before Loss — chronic illness, anticipatory grief, and the invisible emotional life of parents.