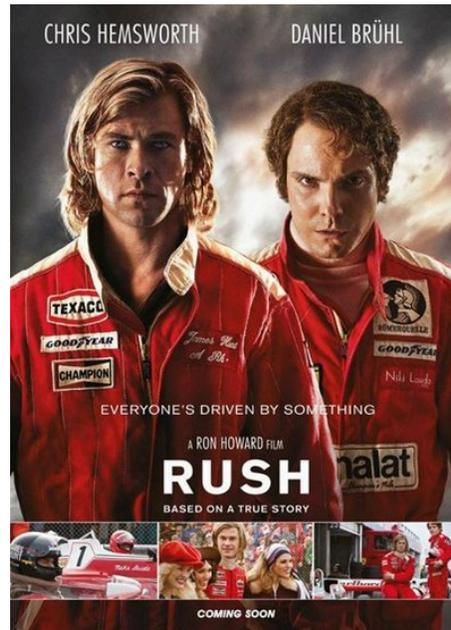


# RUSH

By Lorraine Viade, Psy.D.



*Rush* is a high speed rivalry story that crashes and burns along the journey of two Formula 1 race car drivers, Niki Lauda and James Hunt. Played by Daniel Bruhl and Chris Hemsworth, these two could not be more different in their approach to their careers, personal lives or fame. One is cautious, calculating and precise in his every move. Racing is his job, not his life. The other is defined by winning and by reaping all the benefits that go along with that. Those are the real dynamics at work here. How these two men are fueled by their equal parts of admiration and resentment of one another increases with each lap.

Serious, hard-working and industrious Niki is always up against pretty boy, playboy James. The rivalry was real and took place across Europe at a time when the racetrack safety precautions were significantly less than they are now. This makes *Rush* even more exciting and entertaining because the stakes are higher. Ron Howard directs *Rush* with a steady hand and with attention to the details that have become his signature as a filmmaker.

*Rush* is also a story about love. The women in the lives of these men are not transient. They endure quietly behind the scenes or from a distance, cheering on the brave and foolish men whose lives are constantly in danger. It is interesting to see these two men make the personal and professional decisions that shape their lives. The determination, the struggles and the risk are what make *Rush* a compelling film. You don't have to like racing or need to recall the real drivers by name to enjoy this film. *Rush* offers a great deal in good storytelling.

The introvert and the extrovert approach live very differently. One is not better than the other. Both make sacrifices in order to achieve their goals. Some go for glory, others for personal satisfaction. It is competition that is at the heart of *Rush*. What drives us to compete with others in the world? What compels us to choose situations where our goal is to beat the other guy by any means necessary? To what ends will we go to win? Is winning everything? If you know that you can't win against your opponent, do you still get in the race?

Metaphorically, *Rush* is like life. We don't always win and we have opponents to face every day, but we get on the track and run the best race that we can because sometimes we win and then we get to feel the rush of victory.

*Rush* reminds us that, in life, we are always in the driver's seat. I give *Rush* five race car drivers.

