

Sustaining the Journey presents...



As a tool to draw us out of the world's negative vortex, and to help sustain your journey through the week, Bob Soeder and Mary Hrich offer this weekly dose of inspiration:

“Gratitude unlocks the fullness of life.
It turns what we have into enough,
and more.
It turns denial into acceptance, chaos
to order, confusion to clarity.”
– Melody Beattie

Melody Beattie is an American author of self-help books on codependent relationships.

“Gratitude, like faith, is a muscle. The more you use it, the stronger it grows, and the more power you have to use it on your behalf. If you do not practice gratefulness, its benefaction will go unnoticed, and your capacity to draw on its gifts will be diminished. To be grateful is to find blessings in everything. This is the most powerful attitude to adopt, for there are blessings in everything.”
– Alan Cohen

Alan Cohen is a writer, speaker, broadcaster, and seminar leader in the fields of personal growth, inspiration, holistic health, human relations, and achievement of work/life balance. Many readers and seminar participants have reported that his teachings have brought them deep encouragement and empowerment.