

# 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:*

"A self-willed man has no other aim  
than his own growth."

– Bruce Lee

"Don't let the fear of striking out  
hold you back."

– Babe Ruth