

# Sustaining the Journey presents...



*As a tool to draw us out of the COVID-19 vortex, and to help sustain your journey through the week,  
Bob Soeder and Mary Hrich offer this weekly dose of inspiration:*

“What is joy without sorrow? What is success without failure? What is a win without a loss? What is health without illness? You have to experience each if you are to appreciate the other. There is always going to be suffering. It’s how you look at your suffering, how you deal with it, that will define you.”

– Mark Twain

“Getting in balance is not so much about adopting new strategies to change your behaviors, as it is about realigning yourself in all of your thoughts so as to create a balance between what you desire and how you conduct your life on a daily basis.”

– Wayne Dyer