

# 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:*

“When people talk, listen completely. Don’t be thinking what you’re going to say. Most people never listen.”

– Ernest Hemingway

“Listening, not imitation, may be the sincerest form of flattery.”

– Joyce Brothers

*Joyce Brothers was an American psychologist, television personality, advice columnist, and writer. She is often credited as the first to normalize psychological concepts to the American mainstream.*