

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:*

“Most folks are about as happy as they make up their minds to be.”
– Abraham Lincoln

“If my mind can conceive it, if my heart can believe it, then I can achieve it.”
– Muhammed Ali