

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:*

"If you think a thing is impossible,
you'll only make it impossible."

– Bruce Lee

"If you want to turn a vision into
reality, you have to give 100% and
never stop believing in your dream."

– Arnold Schwarzenegger