

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:

“The less you associate with some people, the more your life will improve. Any time you tolerate mediocrity in others, it increases your mediocrity. An important attribute in successful people is their impatience with negative thinking and negative acting people.”

– Colin Powell

“Some people insist that 'mediocre' is better than 'best.' They delight in clipping wings because they themselves can't fly. They despise brains because they have none.”

– Robert A. Heinlein

*Robert A. Heinlein (1907-1988)
was an accomplished American
science fiction author.*