

# 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:*

"A wise man can learn more from a foolish question than a fool can learn from a wise answer."

– Bruce Lee

"A good coach can change a game.  
A great coach can change a life."

– John Wooden

*John wooden is an award-winning American basketball coach and player. Nicknamed "the Wizard of Westwood," he won ten NCAA national championships in a 12-year period as head coach for the UCLA Bruins, including a record seven in a row.*