

# 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:*

“Do not train a child to learn by force or harshness; but direct them to it by what amuses their minds.”

– Plato

“We should consider every day lost on which we have not danced at least once.

And we should call every truth false which was not accompanied by at least one laugh.”

– Friedrich Nietzsche