

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:

“Perfectionism is a disease.
Procrastination is a disease.
Action is the cure.”

– Richie Norton

“Perfection is not attainable, but if
we chase perfection, we can catch
excellence.”

– Vince Lombardi

Richie Norton is a bestselling author, podcaster, and entrepreneur. He describes himself as a human performance and leadership coach and consultant focused on well-being, personal development, and recovery optimization.