

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:

“When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better, too.”

– Paulo Coelho

“The biggest obstacle to people becoming better is that you have to really want to be a good person in order to be a better person, and most people would rather be other things.”

– Dennis Prager

Paulo Coelho de Souza is a Brazilian lyricist and novelist, and author of the international best-seller The Alchemist.

Dennis Prager is an American conservative radio talk show host and writer.