

# Alyssa Milano

## Quotes

*Children, Thinking, Jobs, Baseball, Mom, Beautiful, Helping, Careers, Way, Country, Sex, Morning, Passion, New York, People, Yoga, Body, Long, Fun, Friday*

I turned vegetarian after 9/11. A friend of mine came back from New York and said that he couldn't stand the smell of burnt flesh. It immediately reminded me of a barbecue.

~Alyssa Milano

I've dated the sweet mama's boy, the musician rocker, the struggling artist - basically a lot of people without jobs.

~Alyssa Milano

First, accept sadness. Realize that without losing, winning isn't so great

~Alyssa Milano

Our bodies are made to nurture and cuddle and all of those amazing things that come along with being a mom.

~Alyssa Milano

I used to sleep nude - until the earthquake.

~Alyssa Milano

For me, there is no hope without faith. Faith is a higher good. Faith in our divinity.

~Alyssa Milano

Actors are an insecure breed. It's hard to have your career depend upon other people's opinions of what you do.

~Alyssa Milano

I'm a big believer in, no matter what you go through in life, as long as you can laugh your way through it, you're going to be okay.

~Alyssa Milano

if you believe in something then you should do it dont let anything stand in your way.

~Alyssa Milano

I've always believed in experiencing everything in life. When you walk out with blinders on, you cut yourself off from the angels and the fairies.

~Alyssa Milano

It's hard enough to go through puberty. Everyone's embarrassed about their youth, but it just happens that the '80s were particularly disgusting. Flock of Seagulls is not cool.

~Alyssa Milano

Be an active participant in your community and country. Every small gesture makes up the big gestures. Resist, rinse, repeat.

~Alyssa Milano

I think we're in a time when everyone's afraid to have sex. But I was raised being beautiful and healthy.

~Alyssa Milano

Way to go, New York. One people. One planet. One love.

~Alyssa Milano

I remind myself of the power of thought and how it's my obligation as a citizen (and student) of humanity to propel compassion.

~Alyssa Milano

I deal with postpartum feelings by reaching out to mom friends. I became very close with some of the women in my prenatal yoga class.

~Alyssa Milano

Baseball is my escape. The sights, the sounds, the way the park smells. There is truly no place I would rather be than at a game.

~Alyssa Milano

Plan ahead! Prepare dishes ahead of time if you can. Keep it simple. Most importantly, have fun and enjoy your guests.

~Alyssa Milano

A big part of life is realizing what you're good at.

~Alyssa Milano

Don't try to be perfect. Do the best you can. Enlist help!

~Alyssa Milano

My passion should be clear and please know it runs deep within all levels of my consciousness. I feel it. I feel everything.

~Alyssa Milano

My biggest surprise when I became a mom was how I had so much love inside me to give to someone.

~Alyssa Milano

I would have to say the power to heal. This show has enhanced my relationship to magic. I would have called it prayer. There are definitely certain incantations that I do now.

~Alyssa Milano

The Dodgers. My favorite hockey team is the Kings. I like the Clippers in basketball. And I like USC college. Football, the Giants.

~Alyssa Milano

I'm actively looking at pilots in the very limited pilot season that is about to begin. Lots of work for my clothing line which is extremely exciting.

~Alyssa Milano

Time is an amazing enigma in which seeds that were planted can turn into a vibrant garden if properly pruned.

~Alyssa Milano

I took prenatal yoga three times a week, including the morning I went into labor. It helped me stay comfortable.

~Alyssa Milano

Baseball represents family. It represents my childhood.

~Alyssa Milano

I take vitamins. I workout every day.

~Alyssa Milano

The HARDEST PART about BREAKING UP is the next day, opening your notebook only you see I LOVE YOU scribbled all over.

~Alyssa Milano

My body wasn't made to look good in a string bikini. It was made to feed and nurture a child.

~Alyssa Milano

Every time I decide I want a child I get another pet. I have 3 dogs, 13 birds and 3 horses, what does that tell you?

~Alyssa Milano

One of my favorite things about watching the reruns is looking at my clothes. I don't really remember most of them, so it's like looking at old family photos.

~Alyssa Milano

I've learned that exercise alone is not enough to stay healthy - it's a whole lifestyle.

~Alyssa Milano

What can we do to make the world's children a priority.

~Alyssa Milano

I keep a journal/day planner, which really helps me stay organized and focused.

~Alyssa Milano

Every time I get a tattoo, my parents say they'll disown me. I have to get them airbrushed for Charmed. Witches don't have tattoos, I guess.

~Alyssa Milano

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