Thinking, People, Character, Dog, Years, Home, Careers, Growing Up, Fans, Strong, Moving, Men, Fiction, Littles, Focus, Scripts, School, Film, Usa, Single Mom

The worst beauty advice that I have ever taken has been from people who have told me that sunscreen isn't necessary. Not true!

~Amanda Schull

That being said, I am not one to feel sorry for myself. I believe it is healthy to honor one's feelings and do the best we can to learn and grow from them moving forward.

~Amanda Schull

I think one of the big challenges about science fiction is finding truth to relate to as an actor.

~Amanda Schull

The second time I was banned was when I directed a film called Xiu Xiu. I was banned for three years from China.

~Amanda Schull

I feel vulnerable when I am underprepared. This applies to underpreparedness with just about anything, especially work.

~Amanda Schull

In high school ethics they went around and asked what everyone thought their classmates were qualified to do. For me, everyone said actress. But to me it was very much "if it happens, it happens."

~Amanda Schull

I think people don't often realize how much goes into being a male dancer. It's athletic and it's hard. It's not just men wearing tights, or wanting to be around women.

~Amanda Schull

I enjoyed acting growing up; I did musical theater. I had a secret desire to be a television and movie actress, but it wasn't something I admitted to myself that I wanted to do, I guess.

~Amanda Schull

I have different routines for different types of chaos. When I find myself swamped with work and surrounded by people, I try to carve out time to walk my dog alone so I can organize my thoughts.

~Amanda Schull

Stage performance is obviously a much grander sort of depiction. The audience isn't right in your face as close as a camera lens gets.

~Amanda Schull

I think the idea of embodying the physical presence of a character is the same on stage and screen. There are just different levels of expression to keep in mind for each platform.

~Amanda Schull

I love the process of creating a character; someone entirely different from myself, and depicting it, either on stage or screen.

~Amanda Schull

I think there is a wonderful trend of strong female characters on television right now.

~Amanda Schull

I would remind people on the planet that this is the only one we have, and we need to take care of it.

~Amanda Schull

Center Stage focused on the drive and what it's like to be a student, and this is what it's like to be an adult and what you need to give up in the pursuit of that passion and that focus.

~Amanda Schull

You never want to be pigeonholed into something and have people

think, "Oh, that's the guy we call for this particular thing."

~Amanda Schull

I wouldn't necessarily consider myself the typical sci-fi genre fan. I do have a lot of sci-fi shows that I enjoy, but I wouldn't call it my favorite genre of all.

~Amanda Schull

Science fiction is one of the smartest genres around because you have to have so much forethought.

~Amanda Schull

Every time I get a script in my inbox, it's like a little Christmas present. It's so exciting to see what they've cooked up.

~Amanda Schull

I left home at 14 and I have friends who joined the navy and the army performing troops at 9. I know people [like that]. It's a very straightforward character.

~Amanda Schull

I came to the United States in 1981 as a student. When I left, I was totally the most beloved little flower in China and so it was an outrage basically.

~Amanda Schull

I am a huge animal lover. Growing up, my mother and I rescued countless animals - dogs, cats, birds, rabbits, even a turtle. I have been accused of caring more about animals than I do about people.

~Amanda Schull

When I first came USA, I didn't feel this was my home. This was where I was studying, and then my home was now rejecting me.

~Amanda Schull

Usually you read a script and you know somebody who knows somebody who maybe knew that person or met them once.

~Amanda Schull

Love for me is comfort. I feel most loved and most capable of giving love when I am around people or in places that make me comfortable.

~Amanda Schull

I know that there is absolutely good in the world.

~Amanda Schull

I also have a routine with breathing and visualization techniques that I go through when I feel overwhelmed or nervous.

~Amanda Schull

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