

# Andie MacDowell

## Quotes

*Thinking, Powerful, People, Strong, Sometimes, Beautiful, Country, Smart, Feet,  
Lonely, Two, Teacher, Yoga, Feels, Forever, Men, Sexy, Needs, Dancing,  
Talking*

If you carry around anger and ugly emotions it will show on your face.

~Andie MacDowell

A man who opens a door for a woman or gives up his seat for her-even offering to carry something! Those are country manners that never go out of style.

~Andie MacDowell

Talking to your hairdresser is almost like talking to your therapist.

~Andie MacDowell

My biggest regret is rolling in regret. It is best to pick yourself up , dust yourself off and move on.

~Andie MacDowell

I think sometimes I intimidate people. I've been told that. But I feel I'm the least intimidating person possible.

~Andie MacDowell

I always think I look better after a yoga class. It's the same as a massage. We look so amazing after a massage because we're relaxed.

~Andie MacDowell

I must be thankful that I get to do intense dramatic roles, because it takes so much more, whereas I've been doing L'Oreal forever, and I can do that in my sleep.

~Andie MacDowell

I lived in Paris when I was 20 and 21, and actually knew people that worked for the government there, that talked about terrorism in the country 20 years ago.

~Andie MacDowell

I always say that kindness is the greatest beauty that you can have.

~Andie MacDowell

Do I really need to prove anything to anybody? I don't feel that I have to prove anything. The only thing that I have to prove is to myself, that I have value.

~Andie MacDowell

There is a comfortable feeling in small towns. It is salubrious.

~Andie MacDowell

My children without a doubt are my greatest accomplishment. If I did nothing else I would feel just having and raising them would be enough. The rest is icing.

~Andie MacDowell

I think hidden underneath a lot of teachers are very sexy women.

~Andie MacDowell

When I was 23, basically I stopped modelling and started going to school, and was able to study with wonderful teachers.

~Andie MacDowell

Dancers work really hard, they don't make any money. It's hard.

~Andie MacDowell

During Katherine Hepburn's time when she was just coming into her own at 40.

~Andie MacDowell

My favourite thing is to be somebody else, no longer be me.

~Andie MacDowell

I had a whole bunch of very successful movies. I have worked with

some incredible people - incredible.

~Andie MacDowell

I think sometimes we seem to obsess on negativity.

~Andie MacDowell

I think the human body is beautiful, and I don't really have a huge problem in dealing with it, but it's the context, the environment and what I feel about it that that makes the difference for me.

~Andie MacDowell

My life in Montana is so diverse from my Hollywood life that it even feels odd for me to go from one life to the other.

~Andie MacDowell

I think women have an innate ability to be intuitive with people that they truly love, but they have to trust that inner voice, and I think it is there. I think we are more intuitive than men.

~Andie MacDowell

I loved dancing as a young girl.

~Andie MacDowell

I like to work out every day. I run, walk, do machines. I'm not neurotic about food. My rule is, don't let yourself get over a certain weight. If you gain 5lb, stop before it gets worse.

~Andie MacDowell

Everybody needs to laugh and have fun and feel good.

~Andie MacDowell

Some women are naturally thin. But there needs to be an appreciation for a variety of types of women because we don't all come in one package. We're not pre-destined to all be a size six.

~Andie MacDowell

I define sexy as a real salt-of-the-earth woman who knows who she is, who feels strong and powerful.

~Andie MacDowell

In my next life, I'd like to come back five foot, two inches, with the best ass and tits you've ever seen.

~Andie MacDowell

I love learning, and I think that curiosity is a wonderful gift.

~Andie MacDowell

I love the idea of living a life that is completely humble and quiet.

~Andie MacDowell

I love being an advocate for women as we get older so that we can feel comfortable with ourselves. It's all about being healthy for me now.

~Andie MacDowell

When your kids are their hungriest, put out raw vegetables and dip - simple. It takes two seconds. We did it before dinner at 5 o'clock. Then when dinnertime comes, they've already eaten vegetables.

~Andie MacDowell

Most of the people I know who smoke marijuana are not very bright and what they talk about when they're stoned, they think they're being really smart and insightful, but they just sound idiotic.

~Andie MacDowell

I think because I can be sad, and I can be lonely, my gift would be trying to help other people feel less lonely and less sad. Because that's what I understand.

~Andie MacDowell

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