

# Bethenny Frankel Quotes

*Thinking, People, Baby, Yoga, Book, Mom, Ifs, Believe, Reality, Way, Enjoy, My  
Family, Don't Believe, Waiting, Weight, Trying, Life Is, Beautiful, Giving, Two*

Never assume someone is smarter than you.

~Bethenny Frankel

All I ever wanted to do was be able to pay my rent.

~Bethenny Frankel

It doesn't matter what anybody else thinks of your life. All that matters is what you think of it, and what you decide to make of it.

~Bethenny Frankel

I'm always in my pajamas, unless I know for a fact that people are taking my picture.

~Bethenny Frankel

Your diet is a bank account. Good food choices are good investments.

~Bethenny Frankel

I like to look nice, but I'm not marketing being beautiful.

~Bethenny Frankel

I have the most beautiful daughter in the world and I'm grateful for her.

~Bethenny Frankel

You cannot show people only the petals and not the thorns. It's not fair to them.

~Bethenny Frankel

I realized that there are no certainties in life. You can't manipulate fate.

~Bethenny Frankel

Faith, culture, structure and guidance are good things.

~Bethenny Frankel

I have always been a business person.

~Bethenny Frankel

New York City is my playground.

~Bethenny Frankel

I like showing moms what it's really like having a baby, and how it's not Hollywood life.

~Bethenny Frankel

Love yourself and don't settle for less than what you deserve.

~Bethenny Frankel

You choose happiness. You don't wait for it to choose you.

~Bethenny Frankel

My recipes aren't geared towards women; my books are marketed towards women because women are the biggest market for weight loss, weight management and weight maintenance and for cooking.

~Bethenny Frankel

Taste everything, eat nothing.

~Bethenny Frankel

If happiness were easy, everybody would feel it all the time, and it wouldn't seem like such an elusive prize.

~Bethenny Frankel

You have to work for everything. Marriage should not be any different.

~Bethenny Frankel

Depriving yourself will, ironically enough, lead to rebelling and weight gain.

~Bethenny Frankel

Sleep. It's like giving yourself a massage.

~Bethenny Frankel

I don't think it's good to constantly talk about your own weight and the fact that you look fat in jeans.

~Bethenny Frankel

I went onto reality TV as a business decision.

~Bethenny Frankel

Celebration is life's frosting: isn't frosting the very best part of the cake?

~Bethenny Frankel

In life, no two days are the same for me. It's like a snowflake.

~Bethenny Frankel

I love pregnancy and the bump and the whole thing.

~Bethenny Frankel

Be independent and don't try to think someone is going to save you or look to someone else to make you happy or look to someone else to complete you.

~Bethenny Frankel

I can't just only be on reality TV and show everything when it's the fairy princess, fairytale, and then not take my hits when I have to.

~Bethenny Frankel

Being with my family is my highest priority.

~Bethenny Frankel

You're alone in your ideas, because you're the only one who knows what's possible.

~Bethenny Frankel

Exercise is like an old friend: You may not be able to see that friend all the time, but you're not mad when you see them, you're happy, and you get right back into it.

~Bethenny Frankel

I have failed so much, but I have learned so much more in life from my failures than my successes.

~Bethenny Frankel

I enjoy writing. I enjoy communicating and connecting.

~Bethenny Frankel

Let's be clear, I'm a strong woman.

~Bethenny Frankel

I despise shopping and department stores.

~Bethenny Frankel

Never eat while doing something else, because you won't get the satisfaction from your food and you'll be more likely to overeat.

~Bethenny Frankel

I can't work without my family being with me.

~Bethenny Frankel

I have to be in a relationship where I can say what I feel even if it's wrong - so we can work through it.

~Bethenny Frankel

My biggest 'don't' from the past? Picking my face!

~Bethenny Frankel

Bravo can't be responsible for the mental state of every single person that comes onto their network.

~Bethenny Frankel

I grew up in a very toxic home.

~Bethenny Frankel

My books have helped a lot of men to lose weight.

~Bethenny Frankel

I think that if you don't enjoy doing something you are not going to be good at it.

~Bethenny Frankel

When you are like a maniac, you just have to accept where you are and what's going on in your life.

~Bethenny Frankel

If you start giving your kids anxiety about food, it's going to last a lifetime. Moms have to lead by example. Don't say, "Oh, my jeans don't fit," or "Oh, I was bad." No diets. Nothing like that.

~Bethenny Frankel

Food is not your best friend or enemy.

~Bethenny Frankel

Truthfully, my life is always lunacy.

~Bethenny Frankel

Summer = yoga, snowcones, swimming & no makeup

~Bethenny Frankel

I admire people like Warren Buffett that are donating so much money to charity.

~Bethenny Frankel

In many ways, being pregnant and working were more difficult than motherhood.

~Bethenny Frankel

I truly don't believe in regret.

~Bethenny Frankel

I didn't binge when I was pregnant.

~Bethenny Frankel

I don't believe in diets.

~Bethenny Frankel

I'm stronger than anything in my way. Holla!

~Bethenny Frankel

I'm one of those people who have everything in their purses.

~Bethenny Frankel

I'm not overly focused on being loved by everybody.

~Bethenny Frankel

The only way I'm interested in having a baby is the old-fashioned way.

~Bethenny Frankel

Life is hopefully long, so I don't know what the future will bring.

~Bethenny Frankel

I've always been told I have a giant placenta.

~Bethenny Frankel

My business doesn't keep me warm at night.

~Bethenny Frankel

It's hard to wind down, but then I beat myself up because I have a tense back.

~Bethenny Frankel

Thinking about women who can't have their own baby, even the first baby, I'm really lucky.

~Bethenny Frankel

Baby wipes are great for everything! For wiping babies' butts, as an eye-makeup remover, to wipe the counter, to clean my hands at the airport, just everything.

~Bethenny Frankel

I thought doing reality TV would be the greatest success of my life or the biggest mistake.

~Bethenny Frankel

I'm scared of the unknown future.

~Bethenny Frankel

I am always willing to share my perspective and my personal experience and my journey.

~Bethenny Frankel

I always know that I am where I am supposed to be. I don't feel torn and I think that is really important.

~Bethenny Frankel

I've often thought if I didn't make my marriage work, I would have failed at my one true shot at happiness.

~Bethenny Frankel

Frankly, I don't trust any diet that doesn't allow sugar.

~Bethenny Frankel

If I am not with my daughter, that's when all my meetings happen. That's when I get right on a plane. That's when I go and do my book tour. When I am with her, it's just all with her.

~Bethenny Frankel

Yoga is a gift that you give yourself.

~Bethenny Frankel

I think that yoga, it really is a process.

~Bethenny Frankel

Yoga has so many different practices. I don't really enjoy Ashtanga. I don't really enjoy Bikram because I don't like knowing what's coming.

~Bethenny Frankel

Some people believe that they should have two different lives, and one is what they show on TV and one is their personal life. I am not that person.

~Bethenny Frankel

I balance it all by being extremely organized, and I am a very efficient delegator.

~Bethenny Frankel

I enjoy business. I enjoy inspiring women.

~Bethenny Frankel

If you're happy on your own you are going to be okay.

~Bethenny Frankel

A failed personal experience is just fear and anxiety.

~Bethenny Frankel

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