

Carnie Wilson Quotes

*Struggle, Weight, Want, Years, People, Mother, Needs, Decision, Skins,
Exercise, Children, Healthy, Thinking, Challenges, Body, Reality, Daughter,
Weight Problems, Wish, Pregnancy*

My husband and I are best of friends first and foremost. We fight like cats and dogs, but never stay mad for long. I was lucky to find him, he is in every way, my soulmate.

~Carnie Wilson

I have willpower and determination. I am very resilient, like rock.

~Carnie Wilson

We all come from dysfunctional families and these days I guess that's pretty normal.

~Carnie Wilson

Certain foods no longer agree with me. If I eat French fries, I might feel sick to my stomach.

~Carnie Wilson

I realized that I have to slow down. I work so hard, I'm so busy.

~Carnie Wilson

I have a child to feed and a spirit that can't be crushed, so I'm able to move ahead.

~Carnie Wilson

I started doing yoga.

~Carnie Wilson

I am always cautious.

~Carnie Wilson

It's not just being overweight that's dangerous. Stress is dangerous.

~Carnie Wilson

If I'm known as the girl that lost weight and it's been six years later and I've still kept off the 110 pounds, God bless. Because I never kept off

100 pounds before in my life.

~Carnie Wilson

It's normal to gain weight during pregnancy. It's something that has to happen to your body.

~Carnie Wilson

The most important thing I think we need to remember is that we're a work in progress. Do not be ashamed or afraid to ask for help. That's what I did. I asked for help.

~Carnie Wilson

Do I wish I could retire? Sure, but that's not life.

~Carnie Wilson

I don't want to become a diabetic.

~Carnie Wilson

When you film a reality show, it's so jumbled. They shoot episodes in all orders!

~Carnie Wilson

I can be a lady - surprise!

~Carnie Wilson

I have to be a teacher to my daughters.

~Carnie Wilson

I mean, moderation, not deprivation. That's my new way of living.

~Carnie Wilson

I started to put on weight when I was about four and a half and it got really bad when I was around nine. I ballooned. I was about 110 pounds.

~Carnie Wilson

I understand that I'm a role model.

~Carnie Wilson

When you love food as much as I do, staying healthy is not easy. I mean, moderation, not deprivation. That's my new way of living. I always want more and that's just my life.

~Carnie Wilson

I decided that it's either, you know, if I want to have children, have a family and - and live a long life, I've got to make some real, real serious changes.

~Carnie Wilson

I don't want to hide anything - there is nothing to hide.

~Carnie Wilson

I am stuck in the 70's. I can't seem to get away from that era.

~Carnie Wilson

I always want more, and that's just my life.

~Carnie Wilson

The evening is really hard for me. I have to force myself not to eat.

~Carnie Wilson

I'm trying to teach my daughter about healthy eating.

~Carnie Wilson

There's a huge emotional component to weight loss.

~Carnie Wilson

Was I a perfect gastric-bypass patient? Yes. Was I a perfect

gastric-bypass pregnant woman? No. I made a decision to enjoy my pregnancy... So sue me!

~Carnie Wilson

When my work gets crazy, I make sure to always have vitamins, water and proper food with me. That has helped me to lose 33 pounds.

~Carnie Wilson

When someone has a weight problem when they're pregnant, they will struggle before, during and after to lose weight.

~Carnie Wilson

You know, after all these years, it's just like we are who we are and it's a struggle for me and sometimes I'm heavier and sometimes I'm thinner.

~Carnie Wilson

I've had so much stress in the last year so it's really a struggle. I never hide, when I walk down the street, someone's going to take my picture, that's what I look like.

~Carnie Wilson

I had a lot of excess skin - I just needed to have it firmed

~Carnie Wilson

Liposuction isn't an option, because I don't have any fat under my skin. The solution? ReFirme, which is painless

~Carnie Wilson

Life presents itself in constantly changing ways, but you're able to accept the challenges, rather than recoil, throw up your hands, and go on a binge.

~Carnie Wilson

I'm definitely up in weight. I'm looking forward to getting an exercise routine again. It's like a daily decision.

~Carnie Wilson

I don't know how to relax, that's my problem.

~Carnie Wilson

If someone puts too much pressure on me, I will automatically rebel.

~Carnie Wilson

I'm a working mother... You try to pay the bills, you try to keep your life going and there's pressure.

~Carnie Wilson

All I can do is listen to what my body needs and feels.

~Carnie Wilson

Going from 300 pounds to 150 pounds was the biggest change of my whole life.

~Carnie Wilson

It doesn't feel good when you have to struggle to get your pants on.

~Carnie Wilson

Food decisions - do I eat this or not? - are always going to be there.

~Carnie Wilson

Medication can help us live a happier life.

~Carnie Wilson

My fat cells have a memory like Einstein! I'm proof that surgery is not a magic potion. There are many ways to sabotage it.

~Carnie Wilson

Becoming famous is a strange thing in your own right.

~Carnie Wilson

The surgery will always be a huge part of my life. I'm going to need to help people with weight problems for the rest of my life so that I can maintain my weight.

~Carnie Wilson

I wish I had more time to read. I do love books.

~Carnie Wilson

There are days where I've lost weight and I feel bigger or fatter or uglier and I want to just hibernate. I'll find every excuse not to exercise. I hate it.

~Carnie Wilson

If you walk down the street, within five minutes you will see someone who is morbidly obese or obese.

~Carnie Wilson

I want to get into voice-overs.

~Carnie Wilson

We need to eat and enjoy it but control it. That's what I do now.

~Carnie Wilson

Like everyone else, I have challenges.

~Carnie Wilson

I always think I am one of the millions and millions of people that struggles with an addiction to food. I don't know how to relax, that's my problem.

~Carnie Wilson

I used food as a coping mechanism for many, many years, and it was my best friend for a long time.

~Carnie Wilson

It's such a rush doing a concert and seeing people actually mouthing the lyrics.

~Carnie Wilson

Sometimes reality T.V. can be stressful.

~Carnie Wilson

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