

Carre Otis Quotes

*Years, People, Anorexia, School, Parent, Mean, Girl, Realizing, Drug, Bars,
Yoga, Daughter, Mother, Long, Differences, Balance, Doctors, Perspective,
Focus, Mountain*

We come in many different shapes and sizes, and we need to support each other and our differences. Our beauty is in our differences.

~Carre Otis

My doctor felt that the main contributing factor was so many years of malnutrition, especially during my formative years, even before I got into modeling.

~Carre Otis

Exposing any subject that is unpleasant or controversial means risking judgment and making some people feel uncomfortable.

~Carre Otis

I grew up on antibiotics. Every ailment - sore throats, earaches, flus - warranted a trip to the doctor and in most cases some kind of prescription.

~Carre Otis

Part of treatment for drugs and alcohol is you abstain from these, but with eating disorders you can't abstain from food so the treatment is longer than drugs and alcohol.

~Carre Otis

You have to find a balance with food in your life - you can't take out food. It can be absolutely terrifying.

~Carre Otis

I am not naturally that thin, so I had to go through everything from using drugs to diet pills to laxatives to fasting. Those were my main ways of controlling my weight.

~Carre Otis

Many women who have anorexia put their hearts in a compromised situation.

~Carre Otis

My own path towards wellness has been a long and dynamic one. It's taught me that healing from the inside out takes time and there can be great value in various sources of guidance.

~Carre Otis

My daughters, your daughters, our daughters deserve safety, protection, and the freedom to make their own choices about their personal lives and their physical selves.

~Carre Otis

My days are jam-packed with carpools, classroom assistance, tending to chickens, dogs and seven acres of olive trees!

~Carre Otis

I was in a sushi bar and it dawned on me - how could I discriminate between a cow and a fish?

~Carre Otis

I'm proud that today, at 43 years old, I've come to value the aging process and focus on inner rather than outer beauty.

~Carre Otis

I've learned to surround myself with women who lift me up and leave me feeling nurtured rather than drained.

~Carre Otis

Just as young people absorb all kinds of messages from the media, young girls learn what it means to be a woman by watching the older women in their lives.

~Carre Otis

Eating disorders, body dysmorphia and a general dissatisfaction with

one's life and body seems to ail too many young people.

~Carre Otis

My weight fluctuated when I was 30, and I did the unthinkable - I stepped out as a plus-sized model.

~Carre Otis

Just because you're a different size doesn't mean you're sitting on the couch eating bonbons all day long watching TV.

~Carre Otis

Life is full of change and uncertainty. We know this. We experience it on a daily basis.

~Carre Otis

While women across the globe have many differences - language, culture, environment - our similarities are undeniable, and the impact of abuse and oppression affects us all.

~Carre Otis

From the time I started school, it was clear to everyone that I wasn't learning at the same pace as other kids.

~Carre Otis

Being born and raised as a Californian, I somewhat ignorantly had taken for granted the diversity and liberal mindset that shaped my childhood and adult life.

~Carre Otis

I had dropped out of school and was a runaway, so I didn't have family to fall back on if I didn't work. I didn't have a lot of other options of making money other than modeling.

~Carre Otis

I was born in 1968, just eighteen months after my sister Chrissy and just one year after Dad passed the bar exam.

~Carre Otis

I am a daughter, a sister, a wife and a mother. I am a friend of women and I am their advocate.

~Carre Otis

I had been on this insane diet for almost 17 years to maintain the weight that was demanded of me when I was modeling. My diet was really starvation. I am not naturally that thin.

~Carre Otis

When I consider the deeper meaning of yoga, I realize it's about a lot more than simply performing a variety of postures on a mat.

~Carre Otis

There is nothing more attractive than a woman who is sure of herself.

~Carre Otis

I did some great work with my Calvin Klein ads on the motorcycle. It was really groundbreaking because people hadn't seen a woman actually riding a motorcycle before.

~Carre Otis

I believe that as women, we must commit ourselves to sustaining the progress made by our foremothers who fought so hard for women's equality and liberation.

~Carre Otis

Though my parents assured me over and over again that I wasn't stupid or slow, I sensed that my dyslexia was now a stigma on all of us.

~Carre Otis

My parents were both from the East and had moved to San Francisco only so my father could go to law school there.

~Carre Otis

I think that we can't deny the public's want for balancing out the images that are out there depicting women. Not all of us are 17 and a size two.

~Carre Otis

I delight in my family obligations, but they leave little time for breaks let alone quick trips across the country.

~Carre Otis

I bicycle 12,000-foot mountain passes, run, cross train, skate-ski, hike and mountain bike.

~Carre Otis

I've found that balance is key. I'm no longer an extremist in any one direction.

~Carre Otis

I was essentially paid to perpetuate the myth that we are all, or should at least try to be, 17 and a size 2 forever.

~Carre Otis

I feel like it's my responsibility to honestly cover a lot of subjects in part because I have two little girls and I really want them when they grow up to have a voice.

~Carre Otis

But I would assert that despite the wide variety of yoga options and individual preferences, there is one universal element: the union of consciousness and movement, breath and awareness.

~Carre Otis

There comes a moment as a parent when you realize you will no longer be the center of your child's universe.

~Carre Otis

When you become a parent, it's not all about you anymore.

~Carre Otis

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