

# Cherie Lunghi Quotes

*People, Thinking, Father, Men, Dancing, Want, Age, Beach, Jobs, Two, Way,  
Botox, Sex, Mother, Tvs, Generations, Sitting, Nice, Acting, Brain*

Be yourself - it's the inner beauty that counts. You are your own best friend, the key to your own happiness, and as soon as you understand that - and it takes a few heartbreaks - you can be happy.

~Cherie Lunghi

It's a bit of a headache being a perfectionist. You're never satisfied.

~Cherie Lunghi

To keep my back from getting stiff, I have a strict regime every morning of stretching and do yoga once a week and Pilates. 'Strictly Come Dancing' in 2008 was great for my fitness.

~Cherie Lunghi

War is good for absolutely nothing, because no matter how far and wide apart we may live, we're all the same under the skin. We all want to live, laugh and love.

~Cherie Lunghi

I am simply not such a slave to my vanity, and I don't want to be, because as you get older you really have to start accepting the inevitable.

~Cherie Lunghi

With age comes a greater wisdom, an ease and comfort with oneself.

~Cherie Lunghi

I have done so many love scenes in the past that I have learned how to pull off a sexy smoulder on the dance floor.

~Cherie Lunghi

Whitley Bay was my first experience of the seaside. I'd buy my bucket and spade, and beach ball, and all the shops were teeming with toys. I used to spend hours on the shuggy boats.

~Cherie Lunghi

I'm a romantic and will only marry for love where there's respect and compatibility. I'd like to be with someone if the right person came along. I really like male company. I like the male mind.

~Cherie Lunghi

There isn't anything I don't eat, although I'm not too keen on creepy crawly things. Other than that, I'm quite adventurous. I like all types of red meat, and I'm not a fussy eater at all.

~Cherie Lunghi

There is so much pressure to be thin, and you constantly compare yourself to others. But confidence is something that comes with age and experience - it has to be earned along the way.

~Cherie Lunghi

Sadly, the timing's never been right. There have been men who would have married me but I didn't feel the same, and vice versa.

~Cherie Lunghi

I ski every three years or so. I don't have the ingrained confidence that others do, but I'll happily toddle about a green or blue run.

~Cherie Lunghi

I just want a quiet life. I think that's what everybody says when they get older.

~Cherie Lunghi

I've got an overactive, analytical brain. I get frustrated, impatient, angry with myself. I swear at myself a lot.

~Cherie Lunghi

Whether it's a good thing or a bad thing, the higher your profile, the more castable you are in TV dramas.

~Cherie Lunghi

I'm lucky to have very good genes. My mother was so tiny she was almost bird-like, and my father was tall and lean. Both lived until their early 80s.

~Cherie Lunghi

I grew up in a very political household. My mum used to shout at the television. At Mrs. Thatcher.

~Cherie Lunghi

I've never felt the need to be defined by a man.

~Cherie Lunghi

I'd like to break some new ground, maybe in TV presenting, rather than just be an actress.

~Cherie Lunghi

I can honestly say I love getting older. Then again, I never put my glasses on before looking in the mirror.

~Cherie Lunghi

I tried Botox, but I don't want to be hooked on that stuff.

~Cherie Lunghi

I didn't get attached to Botox. It is costly, and you have to remember to keep doing it.

~Cherie Lunghi

I'm pretty good at getting things out of the way, especially paperwork. I hate it sitting about, as it somehow weighs me down.

~Cherie Lunghi

People ask me how I manage without a man in the same tone they might ask someone how they're doing with just one lung, but it's not like that at all.

~Cherie Lunghi

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