

Courtney Thorne Smith Quotes

*Thinking, Healthy, Yoga, Exercise, Different, Matter, Hate, Kids, Years, Looks,
Remember, Trouble, Mother, Lucky Charms, Reflection, Hair, Sorry, Real, Used
To Be, Ifs*

You need to eat normally and healthfully, and you need to exercise. I'm so passionate about this because I think people spend their lives not happy in their bodies.

~Courtney Thorne Smith

You know, true love really matters, friends really matter, family really matters. Being responsible and disciplined and healthy really matters.

~Courtney Thorne Smith

My hope is that if I take good care of my skin and use Botox, I won't have to use anything else.

~Courtney Thorne Smith

Being responsible and disciplined and healthy really matters.

~Courtney Thorne Smith

It's incredibly difficult to keep a healthy body image in this business.

~Courtney Thorne Smith

One of the strangest things about being an actor is that people you don't know feel that they are allowed to comment on your hair, body, clothes, relationships.

~Courtney Thorne Smith

There's so many young women today who look so lost. And I feel like, of course they're lost. They have no one around them to give them real, authentic reflection.

~Courtney Thorne Smith

Never say never. I always want to look like myself - that's key for me. I don't want to look like a different person, I don't want my face frozen.

~Courtney Thorne Smith

I thought, I hate the thought of a 12, 13 or 14 year-old girl seeing a

picture of me and thinking she'll do what I did.

~Courtney Thorne Smith

If it's not working before you get married, marriage isn't going to fix it.

~Courtney Thorne Smith

When I'm feeling sorry for myself, I'll eat Lucky Charms cereal. I like having sugar when I'm in that mood.

~Courtney Thorne Smith

I got out of autobiography because my story is, I was famous, it was hard for me, I got into therapy. I had trouble with food, I got a nutritionist. There's no story there.

~Courtney Thorne Smith

There's nobody I don't like. Maybe in six years it will be different.

~Courtney Thorne Smith

Well, I used to be a compulsive exerciser, but I'm over that.

~Courtney Thorne Smith

I hope I will be a calm mother; I do yoga and I meditate, and those should help.

~Courtney Thorne Smith

I really have always wanted to be a parent, and when I hit 36 and had just ended a relationship, I remember thinking how much I still wanted it. But I thought I'd adopt.

~Courtney Thorne Smith

I love kids; I think they are fun and funny.

~Courtney Thorne Smith

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