

Elizabeth Berkley

Quotes

*Girl, People, Dancer, Thinking, Giving, Teenage, Sex, Done, Creating, Work
Out, Beautiful, Littles, Bullying, Age, Space, Compassion, Yoga, Stars,
Appetizers, Great Women*

I typically enjoy a beautiful beach destination, as I find the water and sand to be the most replenishing.

~Elizabeth Berkley

I'm no expert standing at a podium giving speeches. I share heartbeats. Compassion.

~Elizabeth Berkley

I don't think people have seen yet what I can really do. Only appetizers!

~Elizabeth Berkley

I get enough sleep. I take very good care of myself. Growing up as a dancer, you know your body so well, you know what to do to overcome something.

~Elizabeth Berkley

No one goes unscathed, we all go through things. We just can't let people's nasty words become our beliefs about ourselves, you know?

~Elizabeth Berkley

We're not excusing the ones who are mean, but I want girls to understand the psychology. It's not in everyone. But the bully needs to put this pain somewhere.

~Elizabeth Berkley

I had to make some drastic choices to avoid losing myself.

~Elizabeth Berkley

You have to be a little crazy to be a dancer.

~Elizabeth Berkley

I will never forget experiencing Venice for the first time. It feels like you are transported to another time - the art, music, food and pure romance

in the air is like no other place.

~Elizabeth Berkley

Girls are so often pitted against each other as enemies or adversaries. We even see it in 'Us' magazine: Who wore it better?

~Elizabeth Berkley

I love to sing. Mostly about love and sex.

~Elizabeth Berkley

For me, as an actress, being a dancer has helped me. I've done it with my feet bloody.

~Elizabeth Berkley

I think often times when people choose to be part of a charity; it's usually because something is very personal.

~Elizabeth Berkley

I'd love to play a rock star in a movie, but for now, I'm not performing in public.

~Elizabeth Berkley

My mission is to give girls the tools to be able to blossom into their best selves.

~Elizabeth Berkley

I needed to find my own worth and shake the image after having done 'Showgirls' at age 21.

~Elizabeth Berkley

I had to work out where I was going, what type of films I wanted to make. For that reason, I decided to choose independent productions, less important roles, and I tried theater, too.

~Elizabeth Berkley

No one can hand you anything as a dancer. You have to earn it.

~Elizabeth Berkley

There's some great women doing TV. I would love to do a Grey's Anatomy-type show. I'm a big fan.

~Elizabeth Berkley

Girls' inner critics are starting to reveal themselves at a younger and younger age. And body image issues are an aspect of their lives which is causing them low self esteem and day-to-day suffering.

~Elizabeth Berkley

One thing I've learned: My intentions are clear in terms of quality.

~Elizabeth Berkley

I tell girls, 'If you're tall and feel too tall, the answer is to be taller.'

~Elizabeth Berkley

I just love creating an environment where people can open up and say what's on their mind and in their heart.

~Elizabeth Berkley

No movie influenced me more to go after my dreams than 'Flashdance.' After seeing it, I took 15 dance lessons a week. I cut all my sweatshirts. I did the 'Maniac' thing.

~Elizabeth Berkley

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