

# Emily Deschanel

## Quotes

*Thinking, Animal, People, Years, Character, Fun, Father, Vegan, Dad,  
Challenges, Children, Opportunity, Mean, Nice, Parent, Running, Episodes,  
Real, Jobs, School*

When you're comfortable in your own skin, you look beautiful, regardless of any flaws.

~Emily Deschanel

It makes a big difference to recycle. It makes a big difference to use recycled products. It makes a big difference to reuse things, to not use the paper cup - and each time you do, that's a victory.

~Emily Deschanel

I really like being pregnant. Not that there aren't things I don't love, but when I think about what my body is doing - creating a child - it just blows my mind. I'm in awe of the process and science.

~Emily Deschanel

I have a treadmill, and I work out with my trainer, Julie Diamond, as often as possible. She's so positive.

~Emily Deschanel

David Boreanaz is pretty funny. He's probably the one that cracks everybody up the most on set. He can be very serious as well, but when he's silly he's pretty silly.

~Emily Deschanel

I think that when somebody, when people really have a connection with each other, they change each other. You become a different person, hopefully a better person, because of it.

~Emily Deschanel

I'm definitely a people person. I love socializing and being around people and having a good conversation.

~Emily Deschanel

I like doing the comedic episodes because it's refreshing. I enjoy doing comedic things and physical comedy. It's fun.

~Emily Deschanel

For me, it always has to be about health. That's why I'm a vegan. Well, I don't even do that for my health entirely, I do it for animals.

~Emily Deschanel

My whole family is very sarcastic and constantly making jokes.

~Emily Deschanel

I'm a vegan, but you can be really unhealthy as a vegan, too.

~Emily Deschanel

The real challenge for a vegan is getting vitamin B and omega-3s, but you can get those in a vegetarian supplement.

~Emily Deschanel

My mom breastfed me for more than a year, and I can't imagine doing it any other way. It's cheap and much better for the environment, and you don't have to lug all that stuff around.

~Emily Deschanel

I think it's important to remember that to exercise you don't have to run a sprint.

~Emily Deschanel

I think when you go through something that changes you, it is profound in a way and if somebody is helping you, it brings you closer together.

~Emily Deschanel

When you have a child yourself, you go back and think about how you were parented, how you were mothered and what your parents did for you, and you just want to be able to call and ask them.

~Emily Deschanel

I've been a vegan for about 15 years.

~Emily Deschanel

Everything I know about makeup, I've learned from my sister.

~Emily Deschanel

In school math and science were my favorite subjects, but I probably in my true self I'm more of a people person. At the same time, I don't think that's how I recharge.

~Emily Deschanel

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