

Erin Gray

Quotes

*Thinking, Moving, Fitness, Exercise, Children, Drawing, Growth, Grief, Roots,
Meditation, Role Models, Adults, Ideas, Intellectual, Mother, Character, Quality,
Focus, Play, Real*

The hardest thing about exercise is to start doing it. Once you are doing exercise regularly, the hardest thing is to stop it.

~Erin Gray

Yes. I was the first female colonel. I enjoyed being that kind of role model for young women watching the show. A woman can be a colonel! A woman can be in charge! Those were new ideas then.

~Erin Gray

I like exercise. I like a healthy body.

~Erin Gray

As a child I had dealt with a lot of loss and grief. I was constantly losing my parents, losing my home, constantly moving around, living with this stranger, that stepfather, or whatever.

~Erin Gray

I think there's been a major shift in grass roots media because of the Internet and because the geeks and nerds rule the world. They are in control in so many ways.

~Erin Gray

A woman can be in charge!

~Erin Gray

If you don't have a child, you're not a real woman. I know the ERA people will kill me for saying that.

~Erin Gray

My mother and I always had full adult communication.

~Erin Gray

When you meditate or pray... both are forms of meditation... you give up control and find the answer and you open yourself to receive God's

gift, the universal force, or whatever that is.

~Erin Gray

I've had my own personal stalker. I would get nude drawings of my body with a knife and a message saying 'I'm watching you' and 'I'm going to get you.'

~Erin Gray

Every actor has their stalker.

~Erin Gray

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