

Frank Bruno

Quotes

Athlete, Sports, Boxing, People, Mind, Men, Blood, Lonely, Dad, Funny, Color, Trying, Bipolar, Character, Jobs, Years, Thinking, Strong, Want, Guy

Being sectioned was the best thing that ever happened to me.

~Frank Bruno

Mental illness can happen to anybody. You can be a dustman, a politician, a Tesco worker... anyone. It could be your dad, your brother or your aunt.

~Frank Bruno

Boxing is the toughest and loneliest sport in the world.

~Frank Bruno

Well, that's cricket Harry. These things happen in boxing

~Frank Bruno

When I came into boxing, I brought it to the next level with adverts and doing pantomime and people just got jealous of me doing that.

~Frank Bruno

Mental illness is a very powerful thing. If it is with you it is probably going to be there until the day you die. I am trying so hard to break mine, but it is not easy. It is my toughest fight ever.

~Frank Bruno

I was in a no-win situation, so I'm glad that I won rather than lost

~Frank Bruno

I was about 18 six years ago. I'm 28 now.

~Frank Bruno

But when you actually go in the ring, it's a very lonely and scary place. It's just you and the other guy.

~Frank Bruno

My trainer, George Francis, used to train a lot of African boxers.

They're hungry guys, man. They've got no trainers, got nothing. They're so hungry to do boxing, to make some money.

~Frank Bruno

When you're a man you try and be macho.

~Frank Bruno

Boxing is just show business with blood.

~Frank Bruno

Instead of using brushes all the time, try a palette knife to paint.

~Frank Bruno

I want to stay healthy, keep fit, eat well, keep a low profile and be a good dad.

~Frank Bruno

We're not cameras, we're artists.

~Frank Bruno

Sometimes when you have bipolar you have days you are grumpy and not feeling yourself.

~Frank Bruno

I chose faces and figures as my subject matter simply due to the fact that the human form is already beautiful art.

~Frank Bruno

I wouldn't mind getting emotionally involved with a woman.

~Frank Bruno

Boxing's all about getting the job done as quickly as possible, whether it takes 10 or 15 or 20 rounds.

~Frank Bruno

If you're not balanced, your mind's not balanced... my fuse went.

~Frank Bruno

The colors I use may clash or vibrate against one another but this is done intentionally.

~Frank Bruno

I usually use quick sketches that I accumulated from the figure drawing classes I once instructed.

~Frank Bruno

Color harmony was thrown out years ago, as restrictive chains were broken forming my free style.

~Frank Bruno

My head has got regrets, but I haven't.

~Frank Bruno

I didn't play a great deal of sport in primary school. It was not until I went away to boarding school in Sussex that I really got into sport.

~Frank Bruno

I usually have a title in mind before I start.

~Frank Bruno

The most important thing taught to my students is to not be so photo realist in what they depict.

~Frank Bruno

I like going to the gym every day.

~Frank Bruno

I still believe in marriage.

~Frank Bruno

If your brain's not right they have good people at the NHS to help you fix it and talk to and counselling to calm you down and to focus you.

~Frank Bruno

Strong line quality, composition and form are more crucial although even this is loosely done.

~Frank Bruno

If you say you've had a nervous breakdown or things aren't right mentally, people run away from you. They think you're from 'One Flew Over The Cuckoo's Nest,' you know.

~Frank Bruno

People need to have compassion for others.

~Frank Bruno

And then he [Mike Tyson] will have only channel vision.

~Frank Bruno

I speak African. I can even speak Italian.

~Frank Bruno

And I want to say anything is possible. Comma. You know.

~Frank Bruno

An Eagle Scout deserves a letter of congratulations, but not a proclamation, ... That's a normal process. It's not a heroic process.

~Frank Bruno

I'm not really a cutter-off sort of person. I'll chat to anybody.

~Frank Bruno

I still get invitations from all over Europe to speak at dinners, and it's an honour that promoters and charities can use me to create income.

~Frank Bruno

I don't normally watch myself on the telly.

~Frank Bruno

I try and maintain a little bit of fitness, man.

~Frank Bruno

Journalists have always written that my mum said that I punched a hole through my cot when I was three years old. I don't remember doing that, and I think it was more that I was very energetic.

~Frank Bruno

I am just working on staying alive.

~Frank Bruno

Boxing is a buzz, but I went into it to make a living. I wasn't going to go into the ring and get punched in the head for the fun of it.

~Frank Bruno

For example, I like using strong Greek and Roman Renaissance characters as part of my series.

~Frank Bruno

People take the mickey out of mental health, but it is very delicate.

~Frank Bruno

I ain't got no right to judge someone.

~Frank Bruno

From my sketch files I'll find a pose that shows the emotion behind a particular character's story.

~Frank Bruno

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