

# Gail Porter Quotes

*Thinking, Mental Illness, Home, Running, Children, Book, Jeans, Mental Health,  
Mum, Insecurity, Pin Up, Feeling Down, Important, Bored, Missing, Baldness,  
Don't Believe, Reading Books, Reckless, Always Arguing*

So long as you've got your friends about you, and a good positive attitude, you don't really have to care what everyone else thinks.

~Gail Porter

I do mixed martial arts, mainly kickboxing.

~Gail Porter

I want to break down some of the stigma associated with mental illness.

~Gail Porter

Every day I do something that freaks me out.

~Gail Porter

I'm always weeping at something or other.

~Gail Porter

My home is a place of warmth and love. No one should be denied a home.

~Gail Porter

I didn't have any problem bonding with Honey, but I was plagued with insecurities about my ability to bring up my baby.

~Gail Porter

The greatest thing you can give a child is confidence.

~Gail Porter

The more I read about feeding times, sleep times and waking-up times, the more inadequate and miserable I felt.

~Gail Porter

Mmm, I love Yoda. I didn't like Jar Jar Binks though, he was all wrong.

~Gail Porter

Usually I trundle about in trainers and baggy jeans, looking about as attractive as a potato.

~Gail Porter

I don't believe in God.

~Gail Porter

But I love New York. I used to set my alarm clock when I was there, and get up at 4am and get a coffee, just because I could.

~Gail Porter

Bald is the new black!

~Gail Porter

It's horrible, horrible, horrible. It took a year and a half until I found out that I had post-natal depression.

~Gail Porter

People say, what is she thinking? I'm thinking: fun; cash; travel.

~Gail Porter

Exercise keeps me occupied, which is good for my mental health.

~Gail Porter

You can go to the doctor a million times if you're feeling down, and get nowhere, but if you go for a run it makes you feel really good.

~Gail Porter

Mum's a worrier, she looked after everybody apart from herself - I think it runs in the family.

~Gail Porter

I have a problem with cleaning. It's my release. I get up at 6 A.M. and clean and Hoover and mop everything. Then I feel better.

~Gail Porter

Scotland is the best place in the whole world.

~Gail Porter

My parents' marriage was very rocky. They were always arguing. When they split up when I was in my 20s, my brother and I were both delighted because we knew they weren't good for each other.

~Gail Porter

I don't miss my pin-up days. I'm far too old for that malarkey.

~Gail Porter

I don't think I'm that intelligent. I think I'm semi-intelligent.

~Gail Porter

I have tried therapy a couple of times, but it hasn't worked.

~Gail Porter

I just don't think men fancy me.

~Gail Porter

I read everything and anything. I love books.

~Gail Porter

I try to cope with everything through humor.

~Gail Porter

I read in the paper that I'd slashed my wrists. But I didn't.

~Gail Porter

I'm so bored of all these girls who have written about 20 books by the time they're 25.

~Gail Porter

I've always had an addictive nature.

~Gail Porter

When I was bald, I went through a period where I seemed to do nothing except TV programmes about being bald.

~Gail Porter

The worst thing baldness causes is loneliness.

~Gail Porter

I know a lot of celebrity types go for Kabbalah and Scientology. But why pay 10 per cent of your earnings to someone when it's all common sense: treat others as you'd like to be treated yourself.

~Gail Porter

What's so brave about being bald? I've not fought for my country or found the cure for cancer - I've just gone out without my hat on!

~Gail Porter

I do tend to overdo everything.

~Gail Porter

I'm a mum, so my wardrobe consists of sweaters and jeans. As long as I don't leave the house forgetting my jeans, I count that as a fashion success.

~Gail Porter

When you have children, that's your main focus.

~Gail Porter

TV presenting isn't the hardest job in the world, and I've done all right financially out of it.

~Gail Porter

I used to be pretty reckless. When I was a runner for a production company, I drove a massive 16 seater van. I was only 18. I mean I look young now, but then I looked about 12.

~Gail Porter

My mum brought me up to think that personal happiness is more important than your family.

~Gail Porter

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