

Gwyneth Paltrow Quotes

*Thinking, Funny, People, Kids, Trying, Dumb, Mother, Mom, Want, Years,
Believe, Important, Men, Real, Epic, Girl, Daughter, Fun, Way, Dad*

Beauty, to me is about being comfortable in your own skin.

~Gwyneth Paltrow

I don't eat red meat, but sometimes a man needs a steak.

~Gwyneth Paltrow

I really am a smoothie person. I love making a morning smoothie and then will drink some coffee and will not eat at all before lunch.

~Gwyneth Paltrow

When I pass a flowering zucchini plant in a garden, my heart skips a beat.

~Gwyneth Paltrow

The best way to mend a broken heart is time and girlfriends.

~Gwyneth Paltrow

The adrenaline of a live performance is unlike anything in film or theater. I can see why it's so addictive.

~Gwyneth Paltrow

I would be scared to go under the knife, but you know, talk to me when I'm 50. I'll try anything. Except I won't do Botox again, because I looked crazy. I looked like Joan Rivers!

~Gwyneth Paltrow

I've learned a lot about genuinely not caring what strangers think about me. It's very liberating.

~Gwyneth Paltrow

If we were living in ancient Rome or Greece, I would be considered sickly and unattractive. The times dictate that thin is better for some strange reason, which I think is foolish.

~Gwyneth Paltrow

We're human beings and the sun is the sun - how can it be bad for you? I don't think anything that's natural can be bad for you.

~Gwyneth Paltrow

I understand that if you set out to be a celebrity, then you asked for it, but all I wanted to be was an actor.

~Gwyneth Paltrow

You know, I use organic products, but I get [laser treatments]. It's what makes life interesting, finding the balance between cigarettes and tofu.

~Gwyneth Paltrow

I am who I am. I can't pretend to be somebody who makes \$25,000 a year.

~Gwyneth Paltrow

I basically love anything that comes in a hot dog bun... except hot dogs.

~Gwyneth Paltrow

I think to have a regular job and be a mom is not as, of course there are challenges, but it's not like being on set.

~Gwyneth Paltrow

There are makeup artists sometimes that have a jade face roller. If you're really tired those are really good.

~Gwyneth Paltrow

Invest in what's real. Clean as you go. Drink while you cook. Make it fun. It doesn't have to be complicated. It will be what it will be.

~Gwyneth Paltrow

The Jewish part of me is superstitious.

~Gwyneth Paltrow

She's French, so she's teaching them French, and their previous nanny was Spanish, so they're fluent in Spanish.

~Gwyneth Paltrow

I cook and I really believe in the family dinner, I think that's a nice time to bring the family together.

~Gwyneth Paltrow

I'll take my wrinkles. I don't like the Botox thing.

~Gwyneth Paltrow

There have been countless times where I've worked out with my kids crawling around all over the place. You just make it work.

~Gwyneth Paltrow

I say what I think, and I stand behind what I say.

~Gwyneth Paltrow

For the most part, I try to be healthy and eat good things, but if you give me a baguette and some Camembert, I'm gonna eat it.

~Gwyneth Paltrow

Beauty fades! I just turned 29, so I probably don't have that many good years left in me.

~Gwyneth Paltrow

Is it better not to drink alcohol and eat fried food and not have cheese and never have a cigarette at a party? Of course, but that's just not life.

~Gwyneth Paltrow

For me when I was growing up, some of the happiest times were when we went to a small island called Nantucket off Massachusetts.

~Gwyneth Paltrow

If you go in in the morning and have had a rough night, dunking your face in ice water is really good.

~Gwyneth Paltrow

I have a very highly developed sense of denial.

~Gwyneth Paltrow

My father, he was like the rock, the guy you went to with every problem.

~Gwyneth Paltrow

I spend a good portion of my dinner-party conversation defending America because no matter what the political agenda, it's still a fantastic, amazing place.

~Gwyneth Paltrow

I eat whatever I want. I like bread and cheese and wine, and that makes my life fun and enjoyable.

~Gwyneth Paltrow

I would rather die than let my kid eat Cup-a-Soup.

~Gwyneth Paltrow

I believe in holistic medicine, yoga, Pilates and so on. But I also believe in banana split sundaes once in a while.

~Gwyneth Paltrow

Because I was newly pregnant, I was sick as a dog, yet I knew all my lines from a year before.

~Gwyneth Paltrow

Sometimes when things you love get really commercial, you end up feeling betrayed by it.

~Gwyneth Paltrow

In the theater, you go from point A to point Z, building your performance as the evening progresses. You have to relinquish that control on a film.

~Gwyneth Paltrow

I asked my Dad once, "How did you and Mum stay married for 33 years?" He said. "Well, we never wanted to get divorced at the same time.

~Gwyneth Paltrow

My playground was the theatre. I'd sit and watch my mother pretend for a living. As a young girl, that's pretty seductive.

~Gwyneth Paltrow

You're not learning anything unless you're having the difficult conversations.

~Gwyneth Paltrow

There's a group I've been close to, since childhood. We spend a lot of time together.'

~Gwyneth Paltrow

[When] you're dying laughing because your three-year-old made a fart joke, it doesn't matter what else is going on. That's real happiness.

~Gwyneth Paltrow

I have an amazing team, and we find people who resonate with us, but sometimes our scope is still small because we are a pretty small group and we have so much work to do. We get approached a lot.

~Gwyneth Paltrow

I don't know who decided that skinny was more appealing than not skinny. It seems arbitrary.

~Gwyneth Paltrow

I really don't like drunk women; I think it is such a bad look. I think it's very inappropriate and I don't like it. I don't really have drunk friends.

~Gwyneth Paltrow

My life comes down to three moments: the death of my father, meeting my husband, and the birth of my daughter. Everything I did previous to that just doesn't seem to add up to very much.

~Gwyneth Paltrow

I love men, even though they're lying, cheating scumbags.

~Gwyneth Paltrow

It changed me more than anything else. You don't want to get to that place where you're the adult and you're palpably in the next generation. And, this shoved me into that.

~Gwyneth Paltrow

I'm 43 years old, and I know who I am, and I own my mistakes. They're my business. And when somebody who doesn't know me has an opinion, it's none of my business.

~Gwyneth Paltrow

I try to remember, as I hear about friends getting engaged, that it's not about the ring. It's a grave thing, getting married.

~Gwyneth Paltrow

I've had a very interesting career. I get to do amazing things and work with amazing people and travel and learn languages - things most people don't get the opportunity to do.

~Gwyneth Paltrow

When you're so out there in the public eye, people are constantly criticizing every aspect about you.

~Gwyneth Paltrow

Every time I have a bikini wax, Cameron Diaz holds me down.

~Gwyneth Paltrow

We've got a wood-burning pizza oven in the garden - a luxury, I know, but it's one of the best investments I've ever made.

~Gwyneth Paltrow

Taking care of yourself is being there for your kids, like how on a plane, they tell you to put on your oxygen mask first.

~Gwyneth Paltrow

People think, "She's just a rich kid." Until I was 18, I was. Then I was broke. I've never taken a dime off my parents. I'm completely self-made.

~Gwyneth Paltrow

I do 45 minutes of cardio five days a week, because I like to eat. I do Tracy Anderson's dance aerobics classes.

~Gwyneth Paltrow

One cold wintry day in London, I was dreaming about salad nicoiseâ€”one of my favorites.

~Gwyneth Paltrow

I'm an artist, and the need to get inside myself and be creative and be other people is a part of who I am. I don't imagine I'll abandon that completely.

~Gwyneth Paltrow

We have always conducted our relationship privately, and we hope that as we consciously uncouple and coparent, we will be able to continue in the same manner.

~Gwyneth Paltrow

I look for people who have a slightly different perspective and are trying to move the needle a little bit and push boundaries.

~Gwyneth Paltrow

I'm trying to be good with my skin care now that I'm getting older. I really do think it's from the inside - so exercise, hydration, sleep, sex.

~Gwyneth Paltrow

My life is good because I am not passive about it. I invest in what is real. Like real people, to do real things, for the real me.

~Gwyneth Paltrow

We feel it's unacceptable to be fat, when it has nothing to do with who the person actually is.

~Gwyneth Paltrow

I'm superstitious. Before I start a movie, I always kill a hobo with a hammer.

~Gwyneth Paltrow

I'm a real blue jeans girl, I wear jeans all the time and I couldn't live without them. Jeans and blazers.

~Gwyneth Paltrow

I sort of look at some peers of mine and I think, 'No, you've got it all wrong!' I just want to tell them all to have babies and be happy and not get sucked into that Hollywood thing.

~Gwyneth Paltrow

I am very passionate about non-toxic food and beauty and home.

~Gwyneth Paltrow

My actual beauty routine is pretty simple, I try and have a facial once in a while. I'm not a huge products girl. I have so much going on with work

and kids, I just use moisturiser basically.

~Gwyneth Paltrow

To be a woman in your forties, I think it's a fantastic decade.

~Gwyneth Paltrow

When I turned 40 I thought, 'I have to really make sure I have time to myself,' because it's very overwhelming to be taking care of so many people.

~Gwyneth Paltrow

I started boxing one day a week to experience aggression, which has been really interesting.

~Gwyneth Paltrow

My drive is something that I don't fully understand.

~Gwyneth Paltrow

I'm able to be a normal mom for the most part. I'm in [clothing store] Brandy Melville like all the other moms.

~Gwyneth Paltrow

I cannot go to sleep with dishes in the sink.

~Gwyneth Paltrow

By 40, all women are amazing.

~Gwyneth Paltrow

I really wanted my creams to feel luxurious and have a beautiful finish, and it's harder to do that with natural ingredients.

~Gwyneth Paltrow

Some really famous people, even when they're off-duty, have this energy that is sort of overpowering.

~Gwyneth Paltrow

I was very much a tomboy for a long time, but as I start to get older, I realize I better actually try to preserve what I have and I better be a little conscientious about my regime.

~Gwyneth Paltrow

I'm not sure how healthy bacon is in general, but I know it's incredibly delicious.

~Gwyneth Paltrow

As I absorbed life here and understood it better, I just completely fell in love with England.

~Gwyneth Paltrow

I try to avoid barbecue potato chips. They're my weakness.

~Gwyneth Paltrow

I just had a baby. I'm not going to work unless it's something really special and meaningful, because I can't imagine missing all that time with my daughter.

~Gwyneth Paltrow

I use omega-3 oil. I love light oil on my skin. It's one of my favorite feelings in the world.

~Gwyneth Paltrow

One year I was given a birthday present I'll never forget - a cooking lesson from Jamie Oliver.

~Gwyneth Paltrow

I was a fool. I had no idea what I was getting myself into. But I have to say, it's been incredibly rewarding and I learn so much every day.

~Gwyneth Paltrow

Some days I feel like everyone in my world has plugged themselves into my kidneys. I'm so tired.

~Gwyneth Paltrow

On daughter Apple's accent: She says Mummy instead of Mommy, I don't mind that. I will if she starts saying basil and pasta the English way, as that really drives me nuts.

~Gwyneth Paltrow

My hair is pretty wavy. And it's coarse and color-treated so I'm big on conditioner and conditioning masks.

~Gwyneth Paltrow

I try to take care of my hair because it sort of has to withstand a lot of blowdrying and ironing.

~Gwyneth Paltrow

Why I enjoyed doing Iron Man because it opened me up to this new world where fans are so passionate.

~Gwyneth Paltrow

I'm sort of getting into the idea of nourishing your inner aspect and doing that by investing in your family and making a meal and creating time together.

~Gwyneth Paltrow

I'm looking forward to becoming older and quieter.

~Gwyneth Paltrow

You can call me a lot of things, but you can't call me complacent!

~Gwyneth Paltrow

I don't eat four-legged animals, but I eat birds, I eat cheese, I eat dessert. I eat everything.

~Gwyneth Paltrow

During the strict macrobiotic chapter of my life, I ate miso soup every day for breakfast and sometimes with dinner as well.

~Gwyneth Paltrow

Women were real box office stars in the '40s, more so than men. People loved to see women's films. I think it was better then, except for the studio system.

~Gwyneth Paltrow

I'm never going again on Met Gala. It was so un-fun. It was boiling. It was too crowded. I did not enjoy it at all.

~Gwyneth Paltrow

My one light American Spirit that I smoke once a week, on Saturday night.

~Gwyneth Paltrow

The older I get, the more open-minded I get, the less judgmental I get.

~Gwyneth Paltrow

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