

Helen Fielding Quotes

*Writing, Thinking, Baby, People, Men, Book, Heart, Years, Stories, Diaries, Fun,
Ideas, Doe, Children, Like You, Valentine, Matter, Substance, Pride, Way*

Can officially confirm that the way to a man's heart these days is not through beauty, food, sex, or alluringness of character, but merely the ability to seem not very interested in him.

~Helen Fielding

It is horrid to smirk.

~Helen Fielding

When someone loves you it's like having a blanket all round your heart.

~Helen Fielding

It occurred to me that if Africa needed us, sometimes we needed Africa a great deal more.

~Helen Fielding

I like you very much. Just as you are.

~Helen Fielding

It is proved by surveys that happiness does not come from love, wealth, or power but the pursuit of attainable goals.

~Helen Fielding

Sink into morbid, cynical reflection on how much romantic heartbreak is to do with ego and miffed pride rather than actual loss

~Helen Fielding

One must not live one's life through men but must be complete on oneself as a woman of substance.

~Helen Fielding

It's rather fun writing a female spy, because she has so much more kit. Bond never carried a hair dryer or a makeup bag. And he certainly didn't wear an uplift bra.

~Helen Fielding

No one is thinking about you. They're thinking about themselves, just like you.

~Helen Fielding

Tom has a theory that homosexuals and single women in their thirties have natural bonding: both being accustomed to disappointing their parents and being treated as freaks by society.

~Helen Fielding

Comedy tends to come out of things which are quite painful and serious.

~Helen Fielding

If we can't have comedy books written about aspects of womanhood without going into a panic attack about it, then we haven't got very far at being equal.

~Helen Fielding

If the stories don't come from the inside out, then Bridget [Jones] is not being true to herself and it's very important to me that she stays that way.

~Helen Fielding

I made my excuses and left, thinking, really, after a certain age, people are just going to do what they're going to do and you're either going to accept them as they are or you're not.

~Helen Fielding

I come from Yorkshire in England where we like to eat chip sandwiches - white bread, butter, tomato ketchup and big fat french fries cooked in beef dripping.

~Helen Fielding

Women today are bombarded with so many messages, like we should have Naomi Campbell's body and Madeleine Albright's career.

~Helen Fielding

Though with Bridget Jones's Baby: the Diaries, I'd like to make it clear that I did not ever get pregnant by two men.

~Helen Fielding

Oh, God, I'm so lonely. An entire weekend stretching ahead with no one to love or have fun with. Anyway, I don't care. I've got a lovely steamed ginger pudding from M&S to put in the microwave.

~Helen Fielding

In the end there is nothing more unattractive to men than radical feminism.

~Helen Fielding

I got into my usual obsessive writing frenzy, using all the material I'd worked on for so long and crafting it into a little novel [Bridget Jones's Baby: The Diaries].

~Helen Fielding

With so many dark things to worry about in the world right now, I hope people will just go with the fun and enjoy [Bridget Jones's Baby: The Diaries].

~Helen Fielding

As Bridget writes to her son, in Bridget Jones' Baby - "if you just keep calm and keep your spirits up, things have a habit of turning out all right, just as they did for me."

~Helen Fielding

..we were always taught, instead of waiting to be swept off our feet, to 'expect little, forgive much'.

~Helen Fielding

Exes should never, never go out with or marry other people but should remain celibate to the end of their days in order to provide you with a mental fallback position.

~Helen Fielding

You see, things being good has nothing to do with how you feel outside, it is all to do with how you are inside.

~Helen Fielding

Singletons should not have to explain themselves all the time but should have an accepted status "like geisha girls do

~Helen Fielding

I'm no good at anything. Not men. Not social skills. Not work. Nothing.

~Helen Fielding

I will not get upset over men, but instead be poised and cool ice-queen.

~Helen Fielding

I will not sulk about having no boyfriend, but develop inner poise and authority and sense of self as woman of substance, complete without boyfriend, as best way to obtain boyfriend.

~Helen Fielding

I was writing an earnest novel about cruises in the Caribbean and I just started writing 'Bridget Jones' to get some money, to finance this earnest work, and then I chucked it out.

~Helen Fielding

But if you are single the last thing you want is your best friend forming a functional relationship with somebody else.

~Helen Fielding

I think the pressure to be perfect generally in life has amped up massively in the last twenty years: especially for young people with the advent of social media.

~Helen Fielding

Bridget Jones' Baby, at heart is about the gap between how you expect life to turn out and how it actually does.

~Helen Fielding

I'd been working on the [Bridget Jones's Baby: The Diaries material] for years, first, in the Independent newspaper columns and then in the various versions of the movie scripts.

~Helen Fielding

I tend to take [to Bridget Jones Diaries] something that nearly happened, or might have happened, and then exaggerate it to make it funny and to make it tie into the themes.

~Helen Fielding

With most of the events in the books [Bridget Jones Diaries] I draw a little bit from my own life and some from what I see happening around me.

~Helen Fielding

For me, writing Bridget's [Jones] stories is an instinctive, organic thing, which tends to happen more by accident than design.

~Helen Fielding

That's when the idea for Mad About the Boy arrived. It wasn't even a Bridget [Jones] story initially - then I realized I was writing in Bridget's voice and it grew from there into a Bridget novel.

~Helen Fielding

Eventually, I manage to cheer Mum up by allowing her to go through my wardrobe and criticize all my clothes.

~Helen Fielding

I will not Drink more than fourteen alcohol units a week.

~Helen Fielding

Oh God, what's wrong with me? Why does nothing ever work out?

~Helen Fielding

I certainly think I'll end up writing about America in some form. I've taken plenty of notes. I like America very much.

~Helen Fielding

I always market research my books before I hand them in by showing them to five or six close friends who I trust to be honest with me, so they are very heavily re-written already.

~Helen Fielding

Nobody wants to be racist and I think that most people aren't.

~Helen Fielding

It is a truth universally acknowledged that as soon as one part of your life starts looking up, another falls to pieces.

~Helen Fielding

You'll never get a boyfriend if you look like you wandered out of Auschwitz.

~Helen Fielding

Valentine's Day purely commercial, cynical enterprise, anyway. Matter of supreme indifference to me.

~Helen Fielding

I am brave, though I am alone.

~Helen Fielding

Don't say 'what,' say 'pardon,' darling, and do as your mother tells you.

~Helen Fielding

My books have all generated controversy.

~Helen Fielding

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