

James Frey

Quotes

*Thinking, Writing, Book, People, Believe, Heart, Pain, Dream, Fighting, Eye,
Beautiful, Way, Trying, Mean, Men, Long, Hurt, Want, Million Little Pieces,
Children*

Sometimes skulls are thick. Sometimes hearts are vacant. Sometimes words don't work.

~James Frey

When I started writing 'A Million Little Pieces,' I felt like it was the right story with the style I had been looking for, and I just kept going.

~James Frey

The wounds that never heal can only be mourned alone.

~James Frey

And loss of control is always the source of fear. It is also, however, always the source of change.

~James Frey

Be strong. Live honorably and with dignity. When you don't think you can, hold on.

~James Frey

Let things be, let yourself be, let everything be and accept it as it is. Nothing more. Nothing less.

~James Frey

And as ridiculous as it may sound, sometimes all any of us needs in life is for someone to hold our hand and walk next to us.

~James Frey

When something is staring you in the face in your life and you see it with your own two eyes and feel it within your heart only a fool doesn't believe it to be true.

~James Frey

The afternoon and the early evening slide by in a lidded daze where the ability to think in any identifiable way disappears and where every

moment seems to be an eternity.

~James Frey

I always wanted to be the outlaw. And that's to a certain extent how I've lived.

~James Frey

Part of me still loves. More of me doesn't.

~James Frey

The greatest rules of dramatic writing are conflict, conflict, conflict.

~James Frey

Live and let live, do not judge, take life as it comes and deal with it, everything will be okay.

~James Frey

I'm tired of making people sad and I'm tired of disappointing them and I'm tired of seeing them break. I have seen this too many times. He will be the last.

~James Frey

Even a second of freedom is worth more than a lifetime of bondage.

~James Frey

Its not just a smile of momentary happiness. When it disappears from my face, it will stay with me.

~James Frey

Not everyone who works hard makes their dream come true. You need luck and hard work and being in the right place at the right time but I still very much believe it's possible.

~James Frey

...if you can accept the truth and live with it your heart will be at peace.

~James Frey

When I was a screenwriter, I was doing it for mercenary reasons.

~James Frey

I am essentially optimistic. Being alive is incredible. Life is extraordinary and beautiful. It can be hard and sad and terrifying, but it's all we've got.

~James Frey

Fear, he said, ran all of our lives. Fear, he said, after religion, was the most destructive force in the world.

~James Frey

There is, though, nothing that prepares us for the worst things in our life. There is nothing you can do to stop the shock, or buffer the pain.

~James Frey

What's crazy is living your life according to some book written by someone who couldn't imagine what your life would be like.

~James Frey

I've been alone my whole life, I can't do it anymore.

~James Frey

People don't want to accept the responsibility for their own weakness, so they place the blame on something that they're not responsible for, like disease or genetics.

~James Frey

I turn and I slowly walk away and I don't look back. It has always been a fault of mine, but it is the way I am. I never look back. Never.

~James Frey

There are places from which you cannot return. There is damage that can be irreparable.

~James Frey

I'm trying to influence the next generation or two generations or three generations behind me. That's a big ambition of mine.

~James Frey

I'm pretty good at compartmentalizing things and not allowing things outside of myself to distract me or bother me or affect me in any way.

~James Frey

I think of how and why and what happened and the thoughts come easily, but the answers don't.

~James Frey

Sometimes I really want to believe in God. I really admire, in a lot of ways, people who have faith. I think it must be a beautiful thing to believe.

~James Frey

All of us started normal. All of us started out as functioning human beings with the potential to do almost anything we wanted, but somewhere along the paths of our lives, we got lost.

~James Frey

...we got this gift of life and we got it one time and we gonna get hurt in it and be hurt going through it and the only thing that'll make that hurt better or hurt less is love.

~James Frey

For the worst things of our lives, it is sometimes the best way, to never speak of them again.

~James Frey

I feel strong. Not strong enough to face myself, but strong enough to keep going.

~James Frey

Love only brought me loneliness and horror.

~James Frey

I am aware that the battle I am fighting is a petty one, but I am also aware that in order to win that which is great, you must first win that which is small.

~James Frey

I'm married, I have a couple kids, I've traveled a lot, I've done book tours a lot, I'm happy to stay home and take my kids to school and come to the office.

~James Frey

My wife says I'm only comfortable when there's a fight. And it's true. The thing that motivates me is struggle.

~James Frey

People call me all sorts of things. I don't even care what they call me.

~James Frey

You don't have to follow anybody's conventions.

~James Frey

You don't have to follow anybody's rules.

~James Frey

That's what ever great writer, I believe, has done over the course of time - is they've figured out new ways of telling the same stories.

~James Frey

I'm a writer. I never expected to be recognised on the street. I never expected to get that kind of coverage, good or bad. I never expected to sell as many books as I have.

~James Frey

I try to write books that are different from the books I've already written. I think one of the things I really try to do is reinvent how a novel can be written.

~James Frey

I've always said I'm more influenced in what I do by artists, and how they work, how they think, and the freedom they're given to work and think, than I really am by other writers.

~James Frey

Sleep is still difficult I sleep for three or four hours a day. Usually sometime in the afternoon. I walk in the cold, keep myself numb. I cry less, and less." (James Frey, pg.88)

~James Frey

But all good things come to an end, often a sad angry miserable end. The cause for such an end can usually be whittled down to one of three things: money, sickness, love lost.

~James Frey

To live with angels and chase their dreams.

~James Frey

Be patient and wait. Your mud will settle. Your water will be clear.

~James Frey

I regretted making a comment about Dave Eggers. I've never said anything about McSweeney's except that I admire what it is, and I think it's great that they keep people interested in literature.

~James Frey

I just think it's a great world to tell stories in, to tell cool stories: money, sex, fame, and scandal. Those are great subject matters to work with.

~James Frey

She made me feel better than I have ever felt, better than I imagined I could feel, and it scared me, it scared me to the point of paralysis.

~James Frey

We know have the power of God in many ways: the atomic bomb, the ability to create life in a test tube, cloning, artificial intelligence.

~James Frey

Take the risk and do whatever you can do and try not to get caught. If you do get caught, do it again.

~James Frey

Love is love. It doesn't matter how or who you love. I don't believe the messiah would condemn gay men and women.

~James Frey

I'm writing books. They're still a mix of fact and fiction and will continue to be. I think it's an interesting place to work.

~James Frey

What someone calls my books is irrelevant to me. I consider them works of art and rules and categories and labels mean nothing.

~James Frey

But love is different for every person. For some it's hate, for some it's joy, for some it's fear, for some it's jealousy, for some it's torture, for some it's peace. For some it's everything.

~James Frey

Dreams can come true there [Los Angeles] in ways impossible anywhere else, and they can get destroyed as well.

~James Frey

Coming after all the bullshit related to *A Million Little Pieces*, nobody was expecting anything from me. No publisher, no agent, no one. Just me and the book. It was great.

~James Frey

We did what our people do all the time, we told ourselves something we did was right and we found a way to justify it, even though we knew it was wrong.

~James Frey

I love the process of being alone in a room.

~James Frey

L.A is a huge place, literally and metaphorically. Its beauty and horror. Its unconventional history. Its draw and allure. Its diversity and segregation.

~James Frey

I don't care what people come at me with. People have come at me with everything you could imagine. I could care less about that.

~James Frey

I skip the introduction. If the book goes in the trash, I want it to go because of my thoughts on it, not because of some Asshole's thoughts who wrote the introduction.

~James Frey

To say that you can't see echoes of the past in what I do would be absurd. Everything that has preceded me has affected me.

~James Frey

I don't write with an outline. I don't often know what I'm going to do as I'm writing. And I do everything by feel and by instinct.

~James Frey

Being a writer now is about so much more than writing. There's publishing, touring, marketing, web presence.

~James Frey

One of the beautiful and terrible things about America is you can go there and still be whatever you want, if you bust your ass and you have some luck.

~James Frey

There are never words for the strongest of our feelings. There is just the pain that we cannot share. Pain we must all feel alone.

~James Frey

The past doesn't matter. People cling to it because it allows them to ignore the present.

~James Frey

But we are what we are, and humans will always hate.

~James Frey

I hadn't learned yet that everybody's locked up some way or other. That's how life is we're all imprisoned by something.

~James Frey

Faith is the fool's excuse.

~James Frey

A miracle is changing someone's life. Freeing them from whatever bonds them. Giving them the gift of being able to live the way they dream of living.

~James Frey

The feeling of arms around me, of love in my heart, it was more powerful than any of the negativity I knew was existing in the world for me. That feeling of love killed it all.

~James Frey

There is no fear. Absolutely no fear. When one lives without fear, one cannot be broken. When one lives with fear one is broken before one begins to live.

~James Frey

Every year, at 8:00 PM on the second Saturday of July, hundreds of people gather along a section of Los Angeles rail track to drop their pants and moon passing passenger trains.

~James Frey

Being an unpublished novelist has about as much social acceptability as being a shopping bag lady.

~James Frey

Lying became part of my life. I lied if I needed to lie to get something or get out of something

~James Frey

I listen to the tick of an unseen clock marking moments of time long passed.

~James Frey

Words can't say this. The one word love means too little for what it is. It means everything and that is still not enough.

~James Frey

I hope nobody took the Razzle Dazzle Rose.

~James Frey

He pulled out turned west and started driving towards the glow it was thousands of miles away, he started driving towards the glow.

~James Frey

The point of what I do is that it doesn't really matter what a book or a story is as long it moves you, informs you, challenges you, entertains you, or changes you.

~James Frey

You only live once, buy Picassos whenever possible.

~James Frey

In life we often look to others for simple, but difficult answers, despite the fact that we have those answers ourselves.

~James Frey

They had dreams but they called them dreams because they were unrelated to reality, they were a distant unknown, an impossibility, they would never come true.

~James Frey

It's cold and it's winter and the world has gone to sleep

~James Frey

Stay. Fight. Live. Take it. Cry. Cry. Cry.

~James Frey

In Lilly's eyes her beautiful clear water eyes there is what I have sought and never found, wanted and never had, hoped for and never discovered. Love.

~James Frey

More than anything, all I have ever wanted is to be close to someone.
More than anything, all I have ever wanted is to feel as if i wasn't alone.

~James Frey

Are we biology or God or something higher? I know my heart beats and I listen to it. The beat is biology, but what is the song?

~James Frey

Trauma is survivable, but often not much more. It kills you while allowing you to still live.

~James Frey

The one word love means too little for what it is. It doesn't communicate even a fraction of the feelings involved. Love. The word is not enough for what it is. Love. Love.

~James Frey

What is the meaning of life? Whatever you want it to be.

~James Frey

And even though people try to pretend that pain doesn't do anything to them, none of us can really handle it. Everything bad we do in our life is because of pain of some kind.

~James Frey

Life, not death, is the great mystery you must confront.

~James Frey

Laughing and Love. They are both drugs.

~James Frey

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