

# James Redford Quotes

*Thinking, People, Stress, Resilience, Important, Father, Support, Powerful,  
Paper, Home, Kids, Strong, Issues, Moral Fiber, Interesting, Dad, Yoga, The  
End Of The Day, Cliffs, Names*

Dyslexia is a neurological issue, not a character flaw.

~James Redford

In documentary films, being able to be a storytelling and embrace film as an art form - while being very clearly connected in trying to help make the world a better place - is really important to me.

~James Redford

I think the macho mystique was far more a guiding principle in our Dad's generation than ours, the 'strong silent type' was much more common.

~James Redford

I'm in full support of that technique [meditation] , and what David Lynch is doing. It's very important.

~James Redford

There is also a philosophy of less-is-more, and a little dignity that never hurt anybody. There are many qualities to admire about our father's generation.

~James Redford

When you have really solid biology and medical science at the core of an issue, it makes it much easier to identify what potential solutions may be.

~James Redford

What my previous film 'Paper Tigers' have proven, is that it can point toward helpful tools for change.

~James Redford

In middle age I've begun to embrace stress reducing behaviors. Just in doing yoga, for example, my health has improved dramatically.

~James Redford

I also think there is a wisdom and strength in that generation [of our parents], in terms of getting through difficult times, and there is a stoicism in the face of challenges that I greatly admire.

~James Redford

Resilience is not just a complimentary individual quality, but something that is built. And you build it through a number of things in your life, part of it being social fabric.

~James Redford

At the end of the day, the task I have is just like anyone else, to prove myself through my product or work. I've really found this to be true, the name advantage is a zero sum gain.

~James Redford

Many people have overcome that home situation simply by having at least one caring adult, whether a teacher, mentor or religious leader.

~James Redford

There needs to be the support and help around you, even when you may have an unhealthy home environment.

~James Redford

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