

Jane Fonda Quotes

*Thinking, Loss, People, Men, Work Out, Children, Girl, Perfect, Women, Mean,
Needs, Two, Trying, Exercise, Believe, Hurt, Interesting, Father, War, Giving*

Ted needs someone to be there 100% of the time. He thinks that's love. It's not love - it's babysitting.

~Jane Fonda

It's never too late - never too late to start over, never too late to be happy.

~Jane Fonda

You don't learn from successes; you don't learn from awards; you don't learn from celebrity; you only learn from wounds and scars and mistakes and failures. And that's the truth.

~Jane Fonda

Stay curious, keep learning and keep growing. And always strive to be more interested than interesting.

~Jane Fonda

To be a revolutionary you have to be a human being. You have to care about people who have no power.

~Jane Fonda

Telling lies and showing off to get attention are mistakes I made that I don't want my kids to make.

~Jane Fonda

I have a confidence about my life that comes from standing tall on my own two feet.

~Jane Fonda

We are not meant to be perfect; we are meant to be whole

~Jane Fonda

The more you treat yourself positively, the less you'll want or need to be negative.

~Jane Fonda

The glow and energy of the healthy woman is the ultimate beauty, the only beauty that will last.

~Jane Fonda

Look what scares you in the face and try to understand it. Empathy is revolutionary.

~Jane Fonda

The most incredible beauty and the most satisfying way of life come from affirming your own uniqueness.

~Jane Fonda

When I'm in Canada, I feel this is what the world should be like.

~Jane Fonda

Whatever kind of workout you settle on, it should include the Big Three of exercise for health and fitness-aerobics, resistance exercises, and stretching.

~Jane Fonda

I don't know if a country (America) where the people are so ignorant of reality and of history, if you can call that a free world.

~Jane Fonda

We cannot always control our thoughts, but we can control our words, and repetition impresses the subconscious, and we are then master of the situation.

~Jane Fonda

Relationships are the oxygen of the psyche.

~Jane Fonda

One part of wisdom is knowing what you don't need anymore and letting it go.

~Jane Fonda

It's about time we make the well-being of our young people more important than ideology and politics. As a country, we benefit from investing in their future by investing in teen pregnancy prevention.

~Jane Fonda

I finally got it: empower girls and everything changes.

~Jane Fonda

Getting fit is a political act - you are taking charge of your life.

~Jane Fonda

Physical fitness is a three-legged stool: strength, aerobic capacity, and flexibility.

~Jane Fonda

If you allow yourself, you can become stronger in the very places that you've been broken.

~Jane Fonda

Revolution is an act of love; we are the children of revolution, born to be rebels. It runs in our blood.

~Jane Fonda

You can run the office without a boss, but you can't run an office without secretaries.

~Jane Fonda

Go for the burn! Sweat!

~Jane Fonda

Parents are supposed to give the child back to herself with love. If they've got duct tape over their eyes because of narcissism, it doesn't happen.

~Jane Fonda

If the career you have chosen has some unexpected inconvenience, console yourself by reflecting that no career is without them.

~Jane Fonda

I'm an assistant storyteller. It's like being a waiter or a gas-station attendant, but I'm waiting on six million people a week, if I'm lucky.

~Jane Fonda

We're not meant to be perfect. It took me a long time to learn that.

~Jane Fonda

Refuse to be afraid that we will no longer be considered attractive and acceptable when we are strong.

~Jane Fonda

I don't think there's anything more important than making peace before it's too late. And it almost always falls to the child to try to move toward the parent.

~Jane Fonda

You spend all your life trying to do something they put people in asylums for.

~Jane Fonda

A lot of things affect women differently than men, and women get left out.

~Jane Fonda

We're still living with the old paradigm of age as an arch. That's the old

metaphor: You're born, you peak at midlife and decline into decrepitude.

~Jane Fonda

You shouldn't give up. For a while, you have to stay close to the wall and be careful who you spend time with and take care of yourself.

~Jane Fonda

You think you're being broken but you're really being broken open...and that's where the healing happens, in those broken places...if you'll allow it.

~Jane Fonda

I think what's happening in the world - there's nothing more dangerous than a wounded beast, and the patriarchy is wounded.

~Jane Fonda

Someone once said that under the bell jar of compliance, the only thing that blooms is rage.

~Jane Fonda

We don't need to be perfect. We're not supposed to be perfect; we're supposed to be complete. And you can't be complete if you're trying to be perfect.

~Jane Fonda

I think the Internet and technology in general has changed everything. We can see it overseas even more with the Arab Spring and so forth.

~Jane Fonda

Every woman should eat for the long run so she can manage the short stops of crisis.

~Jane Fonda

A good many dramatic situations begin with screaming.

~Jane Fonda

A man has every season while a woman only has the right to spring.

~Jane Fonda

Everyone should know that feeling of overcoming fear and mastering something. People who aren't taught that become soggy.

~Jane Fonda

Winning means some kind of approval of the Establishment which means people will more readily accept me, may be less frightened of me and other people who speak out.

~Jane Fonda

It's better to be interested than interesting.

~Jane Fonda

Working in Hollywood does give one a certain expertise in the field of prostitution.

~Jane Fonda

But the whole point of liberation is that you get out. Restructure your life. Act by yourself.

~Jane Fonda

The challenge is not to be perfect. It's to be whole.

~Jane Fonda

I was so devastated by my second divorce that I had a nervous breakdown.

~Jane Fonda

When you can't remember why you're hurt, that's when you're healed.

~Jane Fonda

I am able to talk about my life in a way that helps other women - and men, but mostly women - understand their own life. I feel real proud of that.

~Jane Fonda

I've always felt like a teacher. Whenever I've learned something important, my reaction has always been to tell everybody about it. I read a book, I buy 100 copies and I send them out.

~Jane Fonda

Women are not forgiven for aging. Robert Redford's lines of distinction are my old-age wrinkles.

~Jane Fonda

The sex is better and I understand life better. I don't want to be young again.

~Jane Fonda

Enjoyable does not necessarily mean easy.

~Jane Fonda

Women are rising. And I think that's all the violence and war - it could be the last gasp of the patriarchy, actually.

~Jane Fonda

Ultimately we must concern ourselves with pulling out by its roots the decadence that controls our culture, the profit motive that controls our culture.

~Jane Fonda

I was shocked into the realization that I myself had played an unwitting role as a movie star and sex symbol in perpetrating the stereotypes that

affected women all over the world.

~Jane Fonda

You cannot expect your children to be happy eating esoteric beige-colored foods when their friends get soda pop, Snickers, and Twinkies.

~Jane Fonda

Women are not forgiven for aging.

~Jane Fonda

My greatest asset is that I am constantly changing.

~Jane Fonda

Exercise teaches you the pleasure of discipline.

~Jane Fonda

I grew up with a deep belief that wherever our troops fought, they were on the side of the angels.

~Jane Fonda

Be a good example and hope the partner gets the hint. Any partner who would attempt to sabotage my fitness regime I would leave... wrong partner.

~Jane Fonda

I find that arduous physical labor can jump-start my thought process.

~Jane Fonda

You can do one of two things; just shut up, which is something I don't find easy, or learn an awful lot very fast, which is what I tried to do.

~Jane Fonda

If you can intervene early in the lives of girls here and in other parts of

the world, you can begin to change the prospects for the future.

~Jane Fonda

I feel like when I was an adolescent, and felt so unworthy of love and so empty, I moved outside of myself.

~Jane Fonda

I always had a penchant for falling in love. Every time I found myself without a mate, I fell into a state of low-sizzling panic.

~Jane Fonda

Eat only when you are hungry-not because it is one o'clock or seven o'clock or whatever.

~Jane Fonda

We all, in fact, carry so many people inside us; the only difference is that actors get paid for it, and we sort of spruce it up a bit.

~Jane Fonda

Perfection is a toxic desire. We are not supposed to be perfect. The challenge is not to be perfect, it's to be whole.

~Jane Fonda

In my marriages, I'd lost parts of who I was because I was trying to mold myself into what I thought a man wanted me to be.

~Jane Fonda

I hate to create cynicism about politicians. We just need to invade. Regular people need to run for office and keep their balls and ovaries intact.

~Jane Fonda

A mother who is obsessing about being thin and dieting and exercising is not going to be a very good mother.

~Jane Fonda

If you're ever in a situation where you're not getting served or you can't get what you need, just cry.

~Jane Fonda

Just saw American Sniper. Powerful. Another view of Coming Home. Bradley Cooper sensational. Bravo Clint Eastwood.

~Jane Fonda

Denial can be a pathology or a survival mechanism - and sometimes it's both.

~Jane Fonda

Female listeners are leaving traditional talk radio because of the rough-edged, shouting nature of it. Women want more light and less heat.

~Jane Fonda

I don't want to die without knowing who I am.

~Jane Fonda

I would think that if you understood what sex education is, you would get down on your knees and worship a condom.

~Jane Fonda

The capacity of young people to persevere, even under the most adverse conditions, never ceases to amaze me.

~Jane Fonda

I feel like my honesty gives people the freedom to talk about things they wouldn't otherwise.

~Jane Fonda

Don't give up. There are lessons to be learned even in the most horrendous pain. And you don't know that when you're young.

~Jane Fonda

I know how gratifying it is not only to work in film but to be acknowledged by peers; producing 9 to 5 was an opportunity that I valued precisely because it's so rarely in the hands of women.

~Jane Fonda

All my life I had believed that unless I was perfect I would not be loved.

~Jane Fonda

As is my way, when I start something that I've put off doing, I always start with the hardest form. So I started with Ashtanga.

~Jane Fonda

We are living on average today 34 years longer than our great-grandparents did.

~Jane Fonda

Think about it: Reducing crime and poverty and ensuring that we have an educated, stable work force has a direct effect on you and me and the future of our country.

~Jane Fonda

Consistency can be a trap, especially if it leads to being consistently wrong rather than to stopping, admitting your mistake, and changing course.

~Jane Fonda

The reality is sobering: in the United States one in three girls will become pregnant before age 20, totaling more than 750,000 girls per year.

~Jane Fonda

It's hard for women at my age in Hollywood, but I'm not discouraged.

~Jane Fonda

I don't think it's natural for two people to swear to be together for the rest of their lives.

~Jane Fonda

So much conspires to silence us - because our truths are inherently subversive.

~Jane Fonda

When you think you can't do any more repetitions, do two more.

~Jane Fonda

Pay more attention to losing inches than losing pounds.

~Jane Fonda

I am convinced that we become what we do.

~Jane Fonda

I'm vain. My arms are thin, but I'm vain about loose flesh. And so I'm careful that what I wear will show off my best parts, which are my waist and my butt.

~Jane Fonda

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