

# Jennifer Aniston Quotes

*Thinking, People, Men, Girl, Children, Years, Trying, Yoga, Hair, Ideas, Believe,  
Want, Important, Dog, Littles, Friendship, Funny, Ifs, Jobs, Fun*

I am a creature of habit.

~Jennifer Aniston

There are no regrets in life, just lessons.

~Jennifer Aniston

I love that feeling of being in love, the effect of having butterflies when you wake up in the morning. That is special.

~Jennifer Aniston

I feel sexy in my jeans and wearing my boyfriend's T-shirt.

~Jennifer Aniston

My dad became a soap opera actor, and I was an extra in a skating rink scene on the soap. I didn't audition. It was nepotism all the way.

~Jennifer Aniston

When somebody follows you 20 blocks to the pharmacy, where they watch you buy toilet paper, you know your life has changed.

~Jennifer Aniston

People who do comedy are always underrated because they make it look so easy.

~Jennifer Aniston

I guess we'd be living in a boring, perfect world if everybody wished everybody else well.

~Jennifer Aniston

Marriage brings up all the things I pushed to the back burner - the fears, the mistrust, the doubts, the insecurities. It's like opening Pandora's box.

~Jennifer Aniston

The greater your capacity to love, the greater your capacity to feel the pain.

~Jennifer Aniston

Once you figure out who you are and what you love about yourself, I think it all kinda falls into place.

~Jennifer Aniston

If you're not happy, you can become happy. Happiness is a choice.

~Jennifer Aniston

A relationship isn't going to make me survive. It's the cherry on top.

~Jennifer Aniston

I enjoy smoking cannabis and see no harm in it

~Jennifer Aniston

I'm a Pilates person. It's great. I had a hip problem. I had a chronic back, a pinched nerve and a hip problem and it's completely solved all of it. I love it. It makes me feel like I'm taller.

~Jennifer Aniston

That's not a rat, that's my ferret.

~Jennifer Aniston

The ultimate is finding a place where you have no inhibitions, nothing to hide, where you can learn with one another.

~Jennifer Aniston

You know when I feel inwardly beautiful? When I am with my girlfriends and we are having a 'goddess circle'.

~Jennifer Aniston

I was somebody who never loved my hair. I had curly hair and wished it

was straight.

~Jennifer Aniston

I don't know what it means to be a sex symbol. When I look myself on a magazine cover I don't see it as me, but as someone painted, fluffed, puffed and done up.

~Jennifer Aniston

My parents' divorce left me with a lot of sadness and pain and acting, and especially humour, was my way of dealing with all that.

~Jennifer Aniston

I've gone for each type: the rough guy; the nerdy, sweet, lovable guy; and the slick guy. I don't really have a type. Men in general are a good thing.

~Jennifer Aniston

Your body will tell you what it needs.

~Jennifer Aniston

The best smell in the world is that man that you love.

~Jennifer Aniston

It gets so boring you know just to do the same thing over and over again.

~Jennifer Aniston

It's impossible to satisfy everyone, and I suggest we all stop trying.

~Jennifer Aniston

I would say sleep can always be emphasized - I didn't do it enough in my 20s, because you don't think you need it.

~Jennifer Aniston

I think there comes a point where you have to grow up and get over yourself, lighten up and forgive

~Jennifer Aniston

It's okay to treat yourself once in awhile. I'm not going to stop eating Mexican food!

~Jennifer Aniston

I wasn't a good waitress, but I was told that I was very nice and charming, so people liked me anyway.

~Jennifer Aniston

My routine is get up, have a cup of coffee, make a shake, have a workout, go walk the dog.

~Jennifer Aniston

The gift of my childhood was laughter, being able to find the humor.

~Jennifer Aniston

Really try to follow what it is that you want to do and what your heart is telling you to do.

~Jennifer Aniston

If I programmed my own TV network, it would air good news! Just positive stories. Heroic stories. Cute puppy dogs doin' stuff.

~Jennifer Aniston

What inspires you, what excites you when you wake up in the morning?

~Jennifer Aniston

I love clothes, but I don't know what to put on myself, let alone others. I have a lot of help getting dressed.

~Jennifer Aniston

Quirky is sexy, like scars or chipped teeth. I also like tattoos they're rebellious.

~Jennifer Aniston

Life is about making mistakes. Death is about wishing you made more.

~Jennifer Aniston

The thing about chemistry, it's sort of you get along with a person and then sort of if the movie does well, then you have great chemistry.

~Jennifer Aniston

My keep-match meals: I'm good to go together with kale salad. Actually, Justin [Theroux] makes an ideal one with a poached egg and quinoa. It's actually scrumptious.

~Jennifer Aniston

The media create this wonderful illusion-but the amount of airbrushing that goes into those beauty magazines-the hours of hair and makeup! It's impossible to live up to, because it's not real.

~Jennifer Aniston

Of course, the ideal scenario for parenting is obviously two parents of a mature age.

~Jennifer Aniston

If you only love 70% of yourself, that's what is going to come back to you.

~Jennifer Aniston

I just want to keep trying to surprise myself and I want to keep challenging myself.

~Jennifer Aniston

I always say 'Don't make plans, make options'.

~Jennifer Aniston

I'd say a little over a year ago I started doing TM [Transcendental Meditation] and that's really changed everything.

~Jennifer Aniston

When you're doing a movie, you're in a vacuum, just going, "Well, that's done. Let's see what happens."

~Jennifer Aniston

When your parents split up, it's impossible to delude yourself about fairytale romance and happy endings.

~Jennifer Aniston

Thirties. Go to therapy. Clean up all of the sh-t. Clean up all of the toxins and the noise. Understand who you are. Educate yourself on the self.

~Jennifer Aniston

That's been my forever love affair - Mexican food. But yeah it has to be something savory or cheesy. I'm not tempted by sweets.

~Jennifer Aniston

I almost resent the whole fashion thing. Good God- never wearing the same thing twice and all of those things. It's a pain in the ass.

~Jennifer Aniston

People who avoid the brick walls - all power to ya, but we all have to hit them sometimes in order to push through to the next level, to evolve.

~Jennifer Aniston

I enjoy it [smoking marijuana] once in a while. There is nothing wrong with that. Everything in moderation. I wouldn't call myself a pot-head.

~Jennifer Aniston

I'm enjoying simplifying things.

~Jennifer Aniston

I think a good relationship is about collaboration.

~Jennifer Aniston

I love to entertain. And I love the sound of people enjoying themselves.

~Jennifer Aniston

I'm excited about what the future holds. I'm not a fortune-teller; I have no idea how it will play out. People say, "What are you going to do?" I don't know. I kind of love that not knowing.

~Jennifer Aniston

I don't get sent anything strange like underwear. I get sent cookies.

~Jennifer Aniston

Don't rely on men but don't shun them either.

~Jennifer Aniston

My hair has never been my greatest feature, so that was funny enough unto itself that my hair became so focused on.

~Jennifer Aniston

I think when you're off the clock, you should be off the clock.

~Jennifer Aniston

Nobody thinks of themselves as sexy, really. Some days you go, 'Hey, I'm not going too bad today.' But if you try and be sexy, you'll never be sexy.

~Jennifer Aniston

It's sad, something coming to an end. It cracks you open, in a way - cracks you open to feeling.

~Jennifer Aniston

Breakfast is usually a shake, because I didn't like eating in the morning. But I know it's a healthy thing, so I try to get something in my body.

~Jennifer Aniston

Yoga calms me down. It gives me energy and focus.

~Jennifer Aniston

I support women, men, anybody who is in a place that's not their strongest and who is ready to push forward.

~Jennifer Aniston

My best hostess tip is to have good food and really good music!

~Jennifer Aniston

Cancer affects all of us, whether you're a daughter, mother, sister, friend, coworker, doctor, patient.

~Jennifer Aniston

Oh, it's not really gambling when you never lose.

~Jennifer Aniston

The first time I kissed Brad my knees went weak - I literally lost my breath!

~Jennifer Aniston

True love brings up everything - you're allowing a mirror to be held up to you daily.

~Jennifer Aniston

My approach is just being conscious of everything.

~Jennifer Aniston

I don't have a religion. I believe in a God. I don't know what it looks like but it's MY god. My own interpretation of the supernatural.

~Jennifer Aniston

Eating and exercising should be conscious decisions.

~Jennifer Aniston

Oh gosh, I noticed dramatic changes in my body after I started doing yoga, but I also think you have to shake things up.

~Jennifer Aniston

Yoga calms me down. It's a therapy session, a workout and meditation all at the same time!

~Jennifer Aniston

When I think about a character, it does start with the shoes: What kind would she wear? How would she walk in them?

~Jennifer Aniston

You have to be really comfortable in your skin. You have to start with being in love with you are, with who you've become.

~Jennifer Aniston

I'm not sitting somewhere dwelling on the past. I'm not fretting or obsessing about something in the future.

~Jennifer Aniston

Maybe it's a fairy tale, but I believe in happily ever after.

~Jennifer Aniston

The fun stuff comes when someone is not so strict on sticking to the script. You're allowed the spontaneity, and great moments can happen.

~Jennifer Aniston

You're damned if you're too thin and you're damned if you're too heavy. According to the press, I've been both. It's impossible to satisfy everyone and I suggest we stop trying.

~Jennifer Aniston

That's what I hate about a lot of comedies, when you're hitting a line or making it funny.

~Jennifer Aniston

I admit I love clothes and I buy clothes. But they sit in my closet. I like a pair of comfy pants, flip flops and a t- shirt. And when we pick a restaurant, my criteria is: Where can I wear this?.

~Jennifer Aniston

I couldn't have found a better man than Brad. He still opens doors for me and brings me flowers. He's the sweetest goofball on the planet.

~Jennifer Aniston

As I've gotten older there's just more awareness around what is good for my body internally, externally, physically. It's all about reading labels and being aware and conscious of what goes in.

~Jennifer Aniston

I am pretty controlled I have to say.

~Jennifer Aniston

Life can be dramatic and funny all in the same day.

~Jennifer Aniston

I am trying to think of the last time that I just said, 'What the hell!' and did something crazy.

~Jennifer Aniston

Well, honestly I feel like an ordinary woman.

~Jennifer Aniston

I was always reading those beauty magazines and wanting to become this unattainable thing.

~Jennifer Aniston

She [Mandy Ingber] brought yoga into my life. It completely changed my life . . . It's one of the most fun workouts I've ever had . . . So have fun and work hard because it will totally pay off.

~Jennifer Aniston

Parenting is one of the hardest jobs on earth.

~Jennifer Aniston

Everyone is so addicted to their damn phone. It's sad to see the filmmaker's work diminished down to a computer screen.

~Jennifer Aniston

I think you miss out on a lot of stuff when you're so protected and isolated.

~Jennifer Aniston

I think that's the great thing about being with, having a dog, is it kind of forces you to be in the present because that's definitely where they're spending their time.

~Jennifer Aniston

I don't know why women feel an affinity with me.

~Jennifer Aniston

I think it's always important to reflect anyway, no matter what age you're approaching or what milestone is in front of you. Reflection should be almost a daily thing if possible.

~Jennifer Aniston

You can't blame someone for not knowing what his or her job should be if you don't ask for it right off the bat.

~Jennifer Aniston

Are men intimidated by sexually confident women, you ask? I think men are intimidated by any woman who says they are sexually confident, at no matter what age.

~Jennifer Aniston

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