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I have to say, sushi freaks me out more than almost anything.

~Kate Beckinsale

I try and take lots of vitamins and I don't drink. I do smoke, though, I'd be insufferable if I didn't smoke, you'd have to push me off a balcony I'd be so boring.

~Kate Beckinsale

If someone had told me years ago that sharing a sense of humour was so vital to partnerships, I could have avoided a lot of sex!

~Kate Beckinsale

I'm a fan of action movies.

~Kate Beckinsale

Everybody likes the underdog, because everybody feels like the underdog. No matter how successful you are, you always think, No one's being nice enough to me!

~Kate Beckinsale

With every project you do, you bring out a part of yourself, and it seems to be quite a good way of expanding a person.

~Kate Beckinsale

My best feature is unfortunately a private matter, although I'm told it is spectacular. But you can't really walk it down the red carpet. What can I say?

~Kate Beckinsale

I think I like playing the bad girl. I like complicated. I like flawed, messed up complicated. It's more interesting.

~Kate Beckinsale

Someone once said that you can make the choice between getting old

and getting creepy, and I think getting old is the way to go.

~Kate Beckinsale

I'm attracted to playing things that I find difficult, just because it's a journey that is much more interesting.

~Kate Beckinsale

People keep asking me about it but I don't want to be famous for being a former anorexic.

~Kate Beckinsale

I have found being a mother has made me emotionally raw in many situations. You heart is beating outside your body when you have a baby.

~Kate Beckinsale

Books have always helped me make sense of things. With any life experience, you can find someone who has documented it in a poetic way.

~Kate Beckinsale

Theres such a pressure on women that we put on ourselves and everyone else puts on us to look unrealistic and everything, but you just cant compare yourself to people in magazines.

~Kate Beckinsale

I am a Death Dealer, sworn to destroy those known as the Lycans. Our war has waged for centuries, unseen by human eyes.

~Kate Beckinsale

Apparently, I'm very good at firing a gun without blinking, which is unusual. That's why so many action characters have to wear sunglasses during shoot-out scenes. That's my party trick.

I feel like I've done a bunch of period stuff and then a bunch of romantic comedies.

~Kate Beckinsale

I always felt that anorexia was the form of breakdown most readily available to adolescent girls.

~Kate Beckinsale

I think that dwelling on other people's perception of you is the road to complete madness, unfortunately. I try and resist that.

~Kate Beckinsale

But it still feels like it's a reach for me. I am more comfortable doing a drama. I feel like I know what I'm doing a bit better there. But it's good to be scared.

~Kate Beckinsale

I dropped out of Oxford, and now I only speak Russian with the woman who gives me a bikini wax. See what Hollywood does to you?

~Kate Beckinsale

I don't tend to do much with my lips. My lips are naturally very pink, so if I add any more colour, it looks like I've been smacked in the mouth!

~Kate Beckinsale

I find American behaviour...odd

~Kate Beckinsale

People should realize women aren't just whores or virgins, I want to see women who are real human beings.

~Kate Beckinsale

I don't have a big career plan. I just like to see how things come out, and I just try to keep going in different directions.

~Kate Beckinsale

As a mother, you feel much more vulnerable. And when you're vulnerable, you're a much better actress.

~Kate Beckinsale

Sleep is like the holy grail. My trainer says if you're tired, your workout will suffer. Sleep is magic stuff.

~Kate Beckinsale

I would say probably my least favorite costume ever was in 'Van Helsing.' That was a huge pain because it had thigh-high boots with 30 buckles on them that had to be done up individually.

~Kate Beckinsale

Apparently, I get facials and manicures all the time. I read this and think, 'Oh, I wish I did that!' I don't think I've had a facial since I was 19.

~Kate Beckinsale

I was a very difficult child, and the time I spent reading was about the only peace I gave my mother.

~Kate Beckinsale

I didn't feel very attractive as a child and actually I wasn't.

~Kate Beckinsale

I feel like I'm really lucky.

~Kate Beckinsale

As an actor, your motives and your own crazy psyche is really all you're responsible for in the movie.

~Kate Beckinsale

I think actors always like to think they don't bring the character home,

and then their family all laugh and tell you otherwise.

~Kate Beckinsale

I think that at some point everybody turns into their mother or their father, it's just not normally from morning to afternoon.

~Kate Beckinsale

I feel like my brain is more geared towards a novel than it is to a movie.

~Kate Beckinsale

I'm glad I've never been so successful that I couldn't stop doing one thing. I've kind of been able to just kick it along and switch around.

~Kate Beckinsale

If I ever have sex with someone I might be able to develop a sense of humor.

~Kate Beckinsale

Job-wise I did have a moment of panic that I should have been a doctor a few years ago but I hate when people vomit.

~Kate Beckinsale

Were I not married to the director, I'm not sure I'd know anything about the 'Underworld' sequel.

~Kate Beckinsale

I have a husband who literally worships me. And cleans the house. And blow-dries my daughter's hair.

~Kate Beckinsale

Yes, because it's Len's obsession with practical. I've never really had that experience that I hear people having of being on an empty soundstage painted green talking to a tennis ball on a stick.

My life has not been predictable. I never would have imagined I'd be living where I'm living, doing what I'm doing or married to an American guy. I'm interested to see what will happen next!

~Kate Beckinsale

I'm surprised there aren't more celebrities in burkhas.

~Kate Beckinsale

No one really knows who I am or where I came from in America, and there's something quite nice about that.

~Kate Beckinsale

It's the only time my education has come in remotely handy. -on using her Russian literature studies for copying her "Van Helsing" script into Russian to acquire a Slavic accent.

~Kate Beckinsale

I feel like I flunked at adolescence really badly. I found it really difficult.

~Kate Beckinsale

No one is more enslaved than a slave who doesn't think they're enslaved.

~Kate Beckinsale

I'm usually the last person to know.

~Kate Beckinsale

I must say, I am thrilled with my fan base. For some reason some of them are quite young, so they are quite frightened.

~Kate Beckinsale

On her daughter's pet rabbit: I don't think he liked being in a cage and wouldn't stop masturbating and humping his bowl.

Given that I can't sing like Freddie Mercury, obviously I'm not going to pursue it as a career. What would be the point?

~Kate Beckinsale

Always argue over text so other people aren't embarrassed!

~Kate Beckinsale

I didn't go looking to marry an American, it just kinda happened like that.

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