

# Kirstie Alley

## Quotes

*People, Thinking, Believe, Years, Goal, Looks, Reason, Acting, Care, Eye, Night, Jenny, Parent, Actresses, Littles, Stupid, Balls, Heart, Spiritual, Class*

I was really tired of words like 'plus size,' 'round' and 'large.' I thought, 'Come on, we're fat.'

~Kirstie Alley

You'll never be disappointed if you always keep an eye on uncharted territory, where you'll be challenged and growing and having fun.

~Kirstie Alley

There's a lot more to life than how fat or thin you are.

~Kirstie Alley

God gave us intestines for a reason. I'm not keen on surgery. It's too extreme. All it took was one of those plastic surgery shows to see how violent it is.

~Kirstie Alley

I don't like psychiatry. I don't believe it works. I believe psychiatrists are neurotic or psychotic, for the most part.

~Kirstie Alley

Smile, don't frown. Look up don't look down. Believe in yourself Don't let yourself go. Just be who you are. And let your live flow.

~Kirstie Alley

To tell you the honest-to-God truth: without Scientology, I would be dead. So, I can personally highly recommend it.

~Kirstie Alley

You are not in business to be popular.

~Kirstie Alley

It's amazing how coke encompasses everything in your life. Addicts cannot confront life because they only think of their next hit. I ruined life for my parents, my sister and all my friends.

~Kirstie Alley

No matter what parents do, kids retain their uniqueness.

~Kirstie Alley

I love marriage. I failed at marriage, but I'd rather go into anything with gusto and fail than go into it half-assed.

~Kirstie Alley

For some reason I am one of those people who act like they were born and raised during the Depression.

~Kirstie Alley

I never did go back to acting class. I was too busy working.

~Kirstie Alley

Indians have a big problem with alcohol and drugs. I grew up with an admiration for their culture and was sensitive to their problems.

~Kirstie Alley

I believe that behind both the person who weighs 400 pounds and the one who weighs 85 there is a lot of baggage, and it has nothing to do with their bodies.

~Kirstie Alley

There's always somebody older, richer, more desperate than you.

~Kirstie Alley

I don't believe you have to have eating disorders and mental illness to screw up.

~Kirstie Alley

I always had really long swimmer's arms. The last to totally go is always my thighs and butt, but my old body is there somewhere.

~Kirstie Alley

If we worried half as much what others are doing for us and spent twice as much time helping others, we would all be exponentially happier.

~Kirstie Alley

I'm happy when I'm juggling, but I feel like I've gone from, like, 3 balls to 10 bowling balls. But, that's a good problem. I don't really have a complaint about that.

~Kirstie Alley

The reason I went for Jenny Craig is I thought, Maybe I'm not the only one who has stupid reasons for getting fat.

~Kirstie Alley

I probably spend more time with my kids than the average stay-at-home mother.

~Kirstie Alley

I have a hotline to the tabloids. When I get up in the morning, I call the Star, and the last thing at night, I call them. I want them to have the inside track.

~Kirstie Alley

I was so naive I didn't even know about agents. I telephoned the William Morris agency and asked to speak to Mr. Morris. I expected Bill Morris to be waiting for my call.

~Kirstie Alley

I binge when I'm happy. When everything is going really well, every day is like I'm at a birthday party.

~Kirstie Alley

When push comes to shove, it ain't the science that's going to lift you

up-it's the belief, the spiritual side of life, that's going to lift you up, no matter what religion you are.

~Kirstie Alley

I am the one who got myself fat, who did all the eating. So I had to take full responsibility for it.

~Kirstie Alley

I sort of feel sorry for the next man who gets me. I may just kill him with passion. He'd better be strong and have a good heart!

~Kirstie Alley

Usually, about 85 percent of what the tabloids report is a lie. Over the last year, I can truly say it has been 99 percent.

~Kirstie Alley

I stay positive because it's the only way to live. When I play ball, I play hardball.

~Kirstie Alley

My food demons are Chinese food, sugar, butter.

~Kirstie Alley

I had the halfway house. I can't tell how many nights I spent around my kitchen table, soothing broken hearts.

~Kirstie Alley

I was born to do sitcoms, where you get an immediate response from the audience.

~Kirstie Alley

Through history, people look for something spiritual. The greatest scientists in the world were men of religion and faith, too.

~Kirstie Alley

When I see someone who is starved, they don't look alert. They don't have boundless energy. If you're too skinny, it looks like you're near death.

~Kirstie Alley

I had seen Cheers twice, I think. Ted [Danson] had so much hair in his widow's peak that I remember thinking, "That dude looks like Eddie Munster."

~Kirstie Alley

You're not going to live your life unscathed.

~Kirstie Alley

People always say, 'Well, celebrity spokespersons have private consultants'. Well, with Jenny Craig everybody gets a private consultant.

~Kirstie Alley

When you're the spokeswoman for a weight-loss program, everything is witnessed. I weigh in once a week with a witness. I have to sign an affidavit saying I cannot have any surgeries.

~Kirstie Alley

I liked animals more than people! OK, I liked certain people, but the idea of mankind'-it really irritated me!

~Kirstie Alley

I couldn't care less about sex unless I meet someone who I think is wonderful.

~Kirstie Alley

I don't smoke pot. I never liked it.

~Kirstie Alley

I don't think children are any more resilient than anyone else. They're just people with little bodies.

~Kirstie Alley

I have photographs taken of me at the time I was addicted, and thought I looked good. I see them today and realize my eyes were dead.

~Kirstie Alley

I think that probably all religions sound bizarre to the people who are not the practitioners of them.

~Kirstie Alley

I'm totally inhibited. When I'm overweight I will not go out.

~Kirstie Alley

I developed a nutty attitude where I'd think, If some guy really loves me he doesn't care if I'm fat. I'd come up with all these stupid reasons why it would be OK to be fat.

~Kirstie Alley

I have to be below 140 to really look good. I have to work my legs like crazy. Actually, do you want my real goal? My real goal's always too low. I love the way I look at, like, 128.

~Kirstie Alley

I was a Scientologist before I was an actress, and I've always felt people are not only content with whatever religion I have, but are always interested.

~Kirstie Alley

I took an acting class for 10 seconds before I played a lead in a student movie. I showed the film to an agent who said he would send me on interviews but wouldn't sign me.

~Kirstie Alley

One time, I brought Prince to the set. He's a friend of mine, and he asked to come. Everyone wanted to meet him, but he's a little shy.

~Kirstie Alley

I'd like to prove to women my age that there can still be good years ahead of us.

~Kirstie Alley

When I was straight, I had the courage and energy to become an actress. I owe my career to my will to stop using.

~Kirstie Alley

I always feel like there is some dude out there with money that I could fall back on if I needed to.

~Kirstie Alley

Look for someone who has a complete life without you in it. If you have a person you don't need for anything, that's ideal. You're just together because you really want to be.

~Kirstie Alley

I am a little klutzy and self-deprecating. I fit in with the rest of the losers.

~Kirstie Alley



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