

Lauren Bowles

Quotes

*Thinking, Knows, Want, Fun, Pain, Mind, Matter, Stuff, Life Is, Exercise,
Gardening, Break, Husband, Writing, Grieving, Journey, Fiction, Daughter,
Creating, Honor*

Real life is crazier than fiction.

~Lauren Bowles

At our core, we just want to know that we matter.

~Lauren Bowles

Ultimately everyone, no matter who you are, we all at our core want to just know that we matter.

~Lauren Bowles

When I meditate in the morning, it really changes my day and my relationship with my day.

~Lauren Bowles

I think the biggest shift has been in realizing how much more we are creating our life than we realize. That was sort of the epiphany to me.

~Lauren Bowles

Even in the most grieving of losses, or whatever sort of pain you're sitting in, we can bear it.

~Lauren Bowles

Really anything can happen at any time and we are very addicted to comfort. Life is just not always comfortable.

~Lauren Bowles

It can be so terrifying to open yourself up to true love. That love can be with your mate, with your child, with yourself, because we are ultimately such vulnerable little creatures in this world.

~Lauren Bowles

Part of my journey is sort of learning the ways that I'm unconsciously blocked and trying to open them up. I'm a complete "work in progress" in that area.

~Lauren Bowles

I feel so fortunate to get paid to be an actor. I pinch myself. I get it from writing, I get it from baking, gardening... I sort of open myself to the creative flow, which is hard to do, by the way.

~Lauren Bowles

It's always fun to get to do things that stretch you and that you don't get to do a lot, but you never know until you see it.

~Lauren Bowles

I don't really ever think in terms of what type of person I'd love to play. I usually just read stuff and can tell.

~Lauren Bowles

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