

Linda Hamilton Quotes

*People, Thinking, Mind, Sleep, Needs, Mental Illness, Important, Body,
Feelings, Mean, Fall, Can Do, Who I Am, Girl, Two, Dog, Ill, Correlation, Naked,
Healthy*

It's the age of information and we need to just get as informed as we can about what other things might help us live healthy lives.

~Linda Hamilton

My heart is so light that it's amazing. I get to play all this grief, all this loss, all this disaster and chaos. It's hysterically funny. I am very light.

~Linda Hamilton

There is hope. You can do it. Start now.

~Linda Hamilton

I try to keep a balance. I actually believe that children want normal parents, they don't want celebrities or important parents or anything different from all the other parents.

~Linda Hamilton

The lows were absolutely horrible. It was like falling into a manhole and not being able to lift the lid and climb out.

~Linda Hamilton

Well, I think it's important to stand as an advocate for the mentally ill.

~Linda Hamilton

Please don't mistake who I am for who the character is.

~Linda Hamilton

I'd go somewhere where no one spoke. I would take a stack of books up to my hips, and I'd read nonstop. And I'd be reading naked.

~Linda Hamilton

There is a dog in every man.

~Linda Hamilton

Exercise is an incredible key to feeling well.

~Linda Hamilton

Being physically fit doesn't mean anything if the mind isn't fit and being fit in the mind is not worth much if the body is suffering.

~Linda Hamilton

Anybody not wearing a two-million sun block is gonna have a pretty bad day.

~Linda Hamilton

Sleep doesn't seem necessary. You wake up feeling great. But it's not all great feelings.

~Linda Hamilton

I think I existed on four hours sleep a night for four years.

~Linda Hamilton

I don't feel that any of my greatness has been covered over.

~Linda Hamilton

I want to destigmatize the words mental illness.

~Linda Hamilton

There is a definite correlation between the mind and the body.

~Linda Hamilton

I recommend a balance between the therapies that are available, the medicines that are available but not to give up on the body as a result.

~Linda Hamilton

Forty percent of the people who are being treated for mental illness are not addressing the physical body.

~Linda Hamilton

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