

Mariella Frostrup

Quotes

*Giving, Purpose, World, Baby, Together, Play, Book, Blonde, Anniversary,
Careers, Trials, Partners, Confirmation, Challenges, Patterns, Zoom, Forget,
Girl, Causes, Opposites*

Joy acts like a trampoline, everything that touches it bouncing right back off it.

~Mariella Frostrup

Life is rife with frustrations, jealousies and, on occasion, an overwhelming sense of its injustices, but it's a big mistake to let such negative sentiments rule our lives and dictate choices.

~Mariella Frostrup

Every friendship goes through ups and downs. Dysfunctional patterns set in, external situations cause internal friction, you grow apart and then bounce back together.

~Mariella Frostrup

In romance we feel the need to zoom in and expound on our partner's foibles in intimate detail; in friendship we tend to do the opposite, avoiding confrontation through fear, lethargy or both.

~Mariella Frostrup

I was told that when you hit forty men stop looking at you. It's true, until you slip on a mini-skirt.

~Mariella Frostrup

I wasn't allowed to be clever when I was young and blonde, but now I am 50 and an old blonde, I am allowed to have gravitas. With wrinkles comes wisdom.

~Mariella Frostrup

Like cars, every relationship requires a bit of an occasional service, and fine-tuning should be compulsory.

~Mariella Frostrup

Sustaining true friendship is a lot more challenging than we give it credit for.

~Mariella Frostrup

Since so many romantic comedies vary little in their storyline, the success or failure of such movies depends largely on whether we believe in the relationship of the protagonists.

~Mariella Frostrup

Having a baby is a disaster for your career. I don't think there's any sympathy.

~Mariella Frostrup

It's so much easier to count our disadvantages than tot up the mitigating circumstances that generally outweigh the despair.

~Mariella Frostrup

The great advantage of being human is that we can employ rational thought and resolve to change our circumstances.

~Mariella Frostrup

Far too many girls' and women's romantic relationships are formed around a negation of their own worth and attributes rather than a confirmation of them.

~Mariella Frostrup

Only those with skin as thick as elephant hide can hope to sail through their teens unscathed by self-doubt and bouts of depression.

~Mariella Frostrup

As a species, we tend to be doers, forever shaping and reshaping the world to better suit our purposes.

~Mariella Frostrup

When the going gets tough, the prospect of delegating half your responsibilities to a willing volunteer, either to play a supporting role or

take over the breadwinning, certainly holds allure.

~Mariella Frostrup

There are more than enough people with serious mental issues who really do need professional help without all the other Toms, Dicks and Harriets rushing to the therapist's couch.

~Mariella Frostrup

Too often we forget that an ideal partner is someone who enhances an already full existence.

~Mariella Frostrup

For most of us, when our 'dreams' - I use the word with reservations - came true, and marriage and motherhood became a reality, the romcoms, like horoscopes, swiftly lost their allure.

~Mariella Frostrup

Reading a book you are not enjoying is a torture not to be undertaken without a reward. I leave plays at the interval, too!

~Mariella Frostrup

In the city, I wake bolt upright in the small hours, convinced that intruders are marauding through our apartment despite Swiss bank-style security arrangements.

~Mariella Frostrup

Seeing the world differently is one of the toughest incompatibilities to reconcile in a relationship.

~Mariella Frostrup

With longer life spans and better health and education, many feel that giving birth to a baby a mere couple of decades after they themselves were in the cradle is a little premature.

~Mariella Frostrup

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