

# Marilyn Henner Quotes

*People, Stress, Years, Littles, Brain, Thanksgiving, Meals, Together, Life  
Changing, Important, Five, Food, Lunch, Feelings, Plan B, Quiet, Song,  
Function, Quality, Eight*

Often when a person can't get past stress, she will turn to overeating, drinking or smoking, which can become a greater problem than the stress itself.

~Marilu Henner

Stress is an important dragon to slay - or at least tame - in your life.

~Marilu Henner

I took anatomy classes. I went to medical libraries and talked to doctors and nutritionists. I did the whole thing before using myself as a human guinea pig.

~Marilu Henner

Feeling a little blue in January is normal.

~Marilu Henner

I'm a girl who loves to share information, especially empowering, life-changing, information.

~Marilu Henner

Research has shown that even small amounts of processed food alter the chemical balance in our brain and cause negative mood swings along with noticeable dips in energy.

~Marilu Henner

The more prepared I am, the more I'll be in control, less nervous, less stressed and more focused.

~Marilu Henner

Like it or not, the world evolves, priorities change and so do you.

~Marilu Henner

However, don't let perfectionism become an excuse for never getting started.

~Marilu Henner

I also think stress is related to control. When you're in charge of your life, you tend to not care about losing control of things that don't really matter like traffic jams.

~Marilu Henner

If I'm right in the middle of a deadline, I'm up really early.

~Marilu Henner

Healthful whole foods improve our brain function as well.

~Marilu Henner

The biggest reason most people fail is that they try to fix too much at once - join a gym, get out of debt, floss after meals and have thinner thighs in 30 days.

~Marilu Henner

Success in life is defined by how well you deal with plan B.

~Marilu Henner

Most of us start out with a positive attitude and a plan to do our best.

~Marilu Henner

It's important to determine which surroundings work best for you, and then build that environment to suit your needs.

~Marilu Henner

I always say centered food equals centered behavior.

~Marilu Henner

Silence and solitude are more distracting to me than chatter and commotion.

~Marilu Henner

Its better to pace yourself throughout a big day like Thanksgiving by having something healthful for breakfast and something light for lunch.

~Marilu Henner

Lack of time is a real health killer.

~Marilu Henner

It is now common knowledge that the average American gains 7 pounds between Thanksgiving and New Year's Day.

~Marilu Henner

We tend to connect bad food and bad habits with romance and sex.

~Marilu Henner

Resolutions are popular because everyone feels they could use a little improvement.

~Marilu Henner

I definitely enjoy being in front of people which gives me that exciting immediate rush.

~Marilu Henner

Because I work with so many people on the east coast, I get some work done before I get the kids up.

~Marilu Henner

I eat all of the time... at least five little meals a day.

~Marilu Henner

We're always bombarded with images from magazines of what looks cool and sexy.

~Marilu Henner

I love the way men smell. I love the way they taste, their texture, the

way they're built.

~Marilu Henner

It took me about eight years to put together the program that I have been living for twenty years.

~Marilu Henner

Everyone thrives most in his or her own unique environment.

~Marilu Henner

Whatever you put in your mouth, make sure it's high quality.

~Marilu Henner

You know, one of the biggest thrills I have is when famous people recognize me from Taxi.

~Marilu Henner

Babies act out when they're hungry, cold, tired. They do this for survival.

~Marilu Henner

I totally changed my life, changed my lifestyle.

~Marilu Henner

When a child is bruised physically or emotionally, parents often reward him with a treat.

~Marilu Henner

I love the producer, Joel Rice. We worked together years ago putting a project together.

~Marilu Henner

I like getting up early. I get up around five.

~Marilu Henner

I play the unsinkable Molly Brown, which is where she got her name from, because she survived.

~Marilu Henner

Wherever my career takes me, I know I'll love getting there, because ever since I was 2 1/2 years old, I knew that this was all I ever wanted to do.

~Marilu Henner

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