

# Matthew Hussey

## Quotes

*Men, People, Ideas, Mean, Giving, Team, And Love, Trendy, Focus, Coaching,  
Opposites, Sanity, Likes, Thinking, Advice, Believe, Powerful, Morning,  
Rejection, Smell*

Human beings are social animals and nearly all of us are driven by the need to be loved and the desire to successfully sustain meaningful romantic relationships for life.

~Matthew Hussey

Remember, the pain of rejection is nothing compared to the pain of regret.

~Matthew Hussey

Never stop trying to impress your partner. If you can both stay in that place, when you really want to show the best of yourselves to each other, relationships can become such a powerful team.

~Matthew Hussey

We don't enter relationships hoping to create an extraordinary existence; we come to them to share one with someone else.

~Matthew Hussey

Men are often miserable in relationships because they feel their partner takes them for granted, or shows him no appreciation for the things he gets right.

~Matthew Hussey

The one thing I can't get enough of is boxing. I love sparring in the ring or just doing the training, and it's easily one of the most effective ways of keeping off fat.

~Matthew Hussey

In this new era of social media the rules of the road have changed significantly, yet the basic yearning for true connectivity and love have not.

~Matthew Hussey

I'm not someone who likes having a master plan for everything, but I do

believe in a vision for your life.

~Matthew Hussey

The idea of empowering people and that moment when someone sees what they are capable of is just incredible to me.

~Matthew Hussey

Almost every person wonders who their soul mate will be or where they will find them and everyone has or will suffer a love loss or the fear of that loss at different points in their lives.

~Matthew Hussey

I get some female attention from fans, but mostly it's people asking for advice about a situation with their ex or their boyfriend, so it's not all love letters and fan mail!

~Matthew Hussey

Like everything else I teach in my coaching, staying in shape for me is about the little actions and changes in lifestyle that have a huge effect over time.

~Matthew Hussey

Most people leave work at the end of the day so they can surround themselves with people and talk, but those are both things I do all day anyway! So I tend to seek out peace in my private time.

~Matthew Hussey

In terms of relationships, women often completely over-estimate the confidence of men, and forget about needing to feel validated.

~Matthew Hussey

Exercise is an absolute must. Period. That doesn't mean I'm a gym junkie - it just means that I have to get a few days doing something physical a week, even just for my mental sanity.

~Matthew Hussey

When you're in love with the work, the energy comes more naturally. You want to wake up in the morning to write more material, or to go on stage and give every shred of emotion you have.

~Matthew Hussey

I've never done a trendy diet or subscribed to a fashionable health fad in my life.

~Matthew Hussey

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