

Natalie Imbruglia

Quotes

*Real, Italian, Depressing, Writing, Years, Songwriting, People, Three, Needs,
Animal, Lying, Song, Illusion, Records, Over It, Groups, Offers, Letting Go,
Chameleon, Very Sad*

It's much easier to write when you're sad. But you can end up isolated and depressed because you almost need to put yourself in that situation to have that angst to write from.

~Natalie Imbruglia

Ignore reality, there's nothing you can do about it.

~Natalie Imbruglia

Happy songs are very difficult to write. How many truly great upbeat songs are there?

~Natalie Imbruglia

I can understand why some people might look at me and say, 'What's she got to be depressed about?' I get that a lot in Britain, where mental health issues seem to be a big taboo.

~Natalie Imbruglia

I'm such a chameleon. I never get bored.

~Natalie Imbruglia

Saving animals is as simple as choosing synthetic alternatives instead of real fur.

~Natalie Imbruglia

If I start feeling down I'll gorge myself on pasta. That usually does the trick. It's the Italian blood in me.

~Natalie Imbruglia

Isolation is a big part of songwriting.

~Natalie Imbruglia

Enjoy every moment: you never know when things might change.

~Natalie Imbruglia

It was only cool to have blond hair and be a surfer chick [in Sydney]. I could learn how to surf, but I still looked Italian. It took me a long time to realize that was a good thing.

~Natalie Imbruglia

I wasn't born with a natural talent for songwriting.

~Natalie Imbruglia

You're either too fat or too thin. You just can't win.

~Natalie Imbruglia

It's good to have to put yourself in someone else's skin. It's all-consuming.

~Natalie Imbruglia

I like the idea of growing old gracefully and full of wrinkles... like Audrey Hepburn.

~Natalie Imbruglia

I exercise three to four times a week, doing the Tracy Anderson Method, which involves toning and strengthening our small muscle groups.

~Natalie Imbruglia

My kitchen bench is covered with vitamins and protein powders. I go through phases when I'm sure I'm taking too many - but I don't get sick often.

~Natalie Imbruglia

I've done a lot of partying in my time because I didn't want to go home and I didn't know what to do.

~Natalie Imbruglia

I like singer-songwriters, and I find sad songs comforting rather than

depressing. It makes you realise you're not alone in the world.

~Natalie Imbruglia

Sex sells everything, but I don't buy it.

~Natalie Imbruglia

You feel this pressure that people will take you more seriously if you play guitar, but I've decided I'm a singer and that's enough.

~Natalie Imbruglia

I think where men are credited for being strong, women are divas. I just think it's such a cop out.

~Natalie Imbruglia

You're only as good as your last record and you could get dropped.

~Natalie Imbruglia

I am such a bad liar. I would like to lie, though.

~Natalie Imbruglia

I was brought up in an environment where my parents expressed their financial concerns in front of their children.

~Natalie Imbruglia

I seem to have very polite fans, not fanatical ones.

~Natalie Imbruglia

I know my music probably isn't going to matter to the public after I die, but that doesn't mean I don't have something to offer.

~Natalie Imbruglia

I have never planned to have babies by a certain age.

~Natalie Imbruglia

I worry unnecessarily.

~Natalie Imbruglia

The success of Torn was a bit too much for me. I took a year off and was still scared to start the second album.

~Natalie Imbruglia

Divorce was very sad, obviously, but now I've gotten over it.

~Natalie Imbruglia

I'm not a nightclub person, but you need to have a social life sometimes.

~Natalie Imbruglia

I started dancing when I was three, Scottish dancing.

~Natalie Imbruglia

I would have been happy to have waited till I was in my mid- to late-30s before I got married, but you don't choose when these things happen, and when they do, there's no doubt in your mind.

~Natalie Imbruglia

Intuition tells me how to live my day, intuition tells me when to walk away.

~Natalie Imbruglia

Illusion never changed into something real.

~Natalie Imbruglia

There is no kind way to rip the skin off animals' backs. Anyone who wears any fur shares the blame for the torture and gruesome deaths of millions of animals each year.

~Natalie Imbruglia

It's not very often that I like new bands.

~Natalie Imbruglia

When I'm in London, I love to visit Kensington gardens and just sit in the park and read a good book.

~Natalie Imbruglia

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