Thinking, Children, Mom, Opportunity, Believe, Beautiful, Home, Mother, Trying,
Hair, People, Character, Kids, Actors, Giving, Men, Important, Perspective,
Racism, Shoes

I admire the women who can have babies and jump right back to work. As a nursing mother, I couldn't sit there and just pump all day. I needed to be close to my baby.

~Nia Long

Enjoy life, study hard, play hard, be kind to other people, set high standards, and don't be afraid to say "No."

~Nia Long

I think it's a beautiful thing when you wear a uniform or a garb which represents a group of people, because what it immediately symbolizes is oneness, togetherness.

~Nia Long

The last step will be letting my hair go natural. That's when you'll know I'm free.

~Nia Long

I'm a self-made woman. I've never compromised myself.

~Nia Long

So I think if we'd just take our time as women, and do what comes natural to us and for us, we would make fewer mistakes.

~Nia Long

First of all when you're a mommy like you like the consistency of being on a show like that's just peace of mind, I know I have financial, you know stability.

~Nia Long

I've seen some great write ups and I emailed her the other night because I saw her on an awards show recently.

I've always been raised to love everyone, to accept everyone for their differences, and to just be open. But at a young, a very young age, I realized what racism was all about.

~Nia Long

I don't think you should reprimand your child for everything you're feeling because for them it's as serious as when something happens in our day and we get upset about it.

~Nia Long

All of us have moments in our lives when we have to choose between what we know is right and what we feel obligated to do.

~Nia Long

I'm kind of pinching myself in the morning. Like, wait, you really did pray to have a body of work that stays diversified and interesting. And I have it!

~Nia Long

I know how to make other women look beautiful: from hair to makeup to wardrobe. So, I feel that I have a gift with imaging, and that's kind of fundamental to the music video process.

~Nia Long

Good shoes and a good scent make the perfect day.

~Nia Long

I learned there's a tremendous amount of sisterhood among Muslim women, which I thought was really beautiful.

~Nia Long

I believe everyone should have the freedom to represent what they believe-in in their own way.

I would love to have the ability to see inside everyone's heart before I heard them speak or even saw their faces.

~Nia Long

To put it in layman's terms, crazy is crazy. And crazy will find a way to do something crazy. Racist is racist. And racist people will find a way to project their racism onto the world.

~Nia Long

I think that's the most important thing: that we create dialogue.

~Nia Long

I am in constant search for that project that speaks to me personally. And when all the pieces come together properly, it'll happen.

~Nia Long

Collaboration is necessary for making great art. Everybody has a perspective on what they think or feel the material should ultimately look like when it hits the screen.

~Nia Long

As long as the acting is good, I can appreciate it.

~Nia Long

I want to have conversations, because they give you confidence in your choices. I learned it first on Boyz n the Hood, but it is not a race-based experience - it is part of the artistic process.

~Nia Long

I love shoes. I am a shoe fanatic. I have a special closet in my home just for my shoes.

~Nia Long

So much of parenting is following your instincts, and taking the time to

actually know your child.

~Nia Long

I have been in situations where actors are treated like robots: say the lines, say it like this, we don't have time for conversations. That is a terrible position to be in as an artist. You feel used.

~Nia Long

I think there are a lot of other actors that are just talented, it's just about this opportunity - it's just about when are we going to be put in those positions where we can shine.

~Nia Long

Weave sex is a little awkward.

~Nia Long

Directing music videos is all about capturing images.

~Nia Long

It's hard to judge yourself. Each Essence cover represents a different special moment in my life. One is about keeping it sexy in my 40s, so I'm not mad about that either.

~Nia Long

I think classic films are classic for a reason. It's always sketchy to redo one, especially if you're trying to make it contemporary. That's really just not the way to go.

~Nia Long

When you are single mom - don't be afraid to get out there and date, and have a little bit of fun. We're still women... we're still feminine... and we still have needs.

I think for me to find that project is going to be something that I'm going to have to develop for myself.

~Nia Long

Just like in Christianity or Buddhism, obviously there are certain practices that dictate one's life, but I don't think you can say all Muslim women are a certain way.

~Nia Long

I don't think the religion makes the woman; I think the woman is who she is within the religion.

~Nia Long

The minute your child is born, your life is changed forever. I think I've become so aware of how important balance is in life.

~Nia Long

I believe that whatever your religious preference, there has to be a commitment to family because everything really does start there.

~Nia Long

I'm working on a project called Lemons, produced by Killer Films. The director has a great perspective on character development.

~Nia Long

I am not supporting Donald Trump. I think he does this country such a disservice. And I'm gonna leave it there.

~Nia Long

I do think gun control is important. I am a supporter of gun control.

~Nia Long

I don't feel less loved or less loving because I'm not married.

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