Thinking, Children, Husband, People, Jobs, Exercise, Real, Writing, Play, Dad, Age, Believe, Actors, Responsibility, Hair, Book, Blow, Directors, Silly, Race

God loves you and everything about you, so why beat up on your precious self.

~Nicole Ari Parker

Nobody can tell you how to be a good wife or husband.

~Nicole Ari Parker

Being a parent is the hardest job ever in life.

~Nicole Ari Parker

I don't think people are too interested in my naked selfie in my bathroom while I'm shaving my legs. It wouldn't even occur to me to even post something that silly.

~Nicole Ari Parker

Exercise is about being grateful for the body you have and sustaining the life you have.

~Nicole Ari Parker

Between the kids, the jobs and everything, no matter what color you are, cardio is probably not on the top of your list.

~Nicole Ari Parker

I enjoy using coconut oil - not only for my skin and hair, but I'll digest it.

~Nicole Ari Parker

If you had to work 14 hour days, Mondays to Fridays, then you have to keep Saturdays and Sundays sacred.

~Nicole Ari Parker

One good step breeds another one.

~Nicole Ari Parker

Being away from home was tough, but the challenge and the thrill of

being on Broadway was so fulfilling, and I'm thankful to my husband for making it possible and holding it down at home.

~Nicole Ari Parker

I believe that we have to be so race-conscious in this day and age.

~Nicole Ari Parker

Nobody really knows, but I got a little comedy in me.

~Nicole Ari Parker

You have to work hard not to take your partner for granted, even when you are tired.

~Nicole Ari Parker

Spina bifida affects every single aspect of your life, from your child's self-esteem to your ability to sleep at night.

~Nicole Ari Parker

A guy once told me that I sound like I'm a little ahead of myself. I can't wait to thank him at the Oscars.

~Nicole Ari Parker

I couldn't imitate anyone if I wanted to.

~Nicole Ari Parker

There are so many things that go into a surgical study.

~Nicole Ari Parker

You think you need the newest shoe and the newest outfit. We forget exercising is free. We forget it only takes a little bit every day.

~Nicole Ari Parker

Take all the hype out of the exercise and think of it as brushing your teeth.

~Nicole Ari Parker

I breastfed Sophie for 14 months and Nicolas for 11 months.

~Nicole Ari Parker

Forty-years-old these days is the beginning of people's lives. I've found myself, I'm confident, I'm mature, I've been through some stuff, I'm ready to write my book.

~Nicole Ari Parker

Once there are more African Americans and Asian Americans behind the scenes as producers, writers, and directors, I think more inclusive casting will happen.

~Nicole Ari Parker

I did everything pretty cliche as an actor in New York. I read the trades, I sent out 'head shots.'

~Nicole Ari Parker

Not just as a black woman, but as a woman, since the beginning of time, beauty has been our responsibility.

~Nicole Ari Parker

I have friends struggling with autism, juvenile diabetes.

~Nicole Ari Parker

All kids want from their dad is for them to be around - and to show up when they say they're going to show up.

~Nicole Ari Parker

Any actor will tell you that you go where the work is, especially when you have children.

~Nicole Ari Parker

Being a pedestrian again is very exciting because in L.A. you live in your car, and you're on a freeway all the time.

~Nicole Ari Parker

I have a real no-nonsense dad who taught me how to be resilient at a very young age.

~Nicole Ari Parker

I love Malcolm Lee and jumped on the opportunity to work with him as a director.

~Nicole Ari Parker

I love the theater. I love being on stage; I love the live audience. I also love dressing up and all of the make-believe.

~Nicole Ari Parker

I went to an all-girls private school, where we played field hockey and lacrosse.

~Nicole Ari Parker

I'm really into nutrition from the inside out.

~Nicole Ari Parker

If you're actually talking to someone who's been through a disastrous number of years, that only means one thing: They survived it.

~Nicole Ari Parker

It's not how pretty you are or how talented you are. It's that if these five people on this day in this room like you, then you get a job.

~Nicole Ari Parker

My daughter has a vivid imagination, and so does my son.

~Nicole Ari Parker

My humor is a lot like Kristen Wiig's from 'Saturday Night Live' or 'Bridesmaids.' Quirky, off the beaten path.

~Nicole Ari Parker

My husband and I are loyal to our community and very approachable, even though we're kind of mainstream.

~Nicole Ari Parker

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