

Ruby Wax Quotes

*People, Brain, Mother, House, Jealous, Sick, Imagination, Motivation, Years,
Funny, Friends, Mom, Inspiration, Doors, Drunk, Life Is Hard, Be Kind,
Laughing, Protein, Know How*

Being a mother is hard and it wasn't a subject I ever studied.

~Ruby Wax

Why, when you have a mental disease, is it always considered an act of imagination? Why is it that every organ in your body can get sick and you get sympathy except the brain?

~Ruby Wax

I don't combine proteins and carbohydrates.

~Ruby Wax

Like any working mother I find it hard to have a social life. But my kids are so well adjusted. There isn't a brat bone in their body so I haven't done anything that bad.

~Ruby Wax

People who say ... they're perfectly fine [are] more insane than the rest of us.

~Ruby Wax

For me mindfulness is like building a house, so the next time the tsunami that is depression comes I'll have a structure in place to resist it.

~Ruby Wax

How come every other organ in your body can get sick and you get sympathy, except the brain?

~Ruby Wax

College athletes used to get a degree in bringing your pencil.

~Ruby Wax

By the time dessert arrives I am usually so drunk, I can't remember what I'm serving.

~Ruby Wax

Only if you're kind to yourself, can you be kind to others.

~Ruby Wax

Thoughts aren't fact, so don't take them seriously

~Ruby Wax

I never weigh myself, but the brutal truth of television is that they don't employ old people or fat people.

~Ruby Wax

Mum used to hide love letters from my boyfriends and put me down. Now I understand that she was a Polish immigrant forced to settle in Chicago. She was jealous of the freedom life gave me.

~Ruby Wax

[With depression] you get a real sense of shame, because your friends go, 'Oh come on, show me the lump, show me the x-rays,' and of course you've got nothing to show.

~Ruby Wax

My ultimate fantasy is to entice a man to my bedroom, put a gun to his head and say, 'Make babies or die'.

~Ruby Wax

Why is that when people become ill and have something wrong with any of their organs, they get sympathy from other people - except when that organ is their brain?

~Ruby Wax

I've told so many lies about my age I don't know how old I am myself.

~Ruby Wax

I can't do anything too serious like Saddam Hussein, but I would like to do Bill Clinton. That'd be fun.

~Ruby Wax

I am lucky to have good Polish skin that doesn't wrinkle so I might be around for a few years yet.

~Ruby Wax

I'm a misplaced American, but don't know where I was misplaced

~Ruby Wax

You shouldn't run away from your problems, you need to aim straight for the heart of the beast.

~Ruby Wax

Some interviewees you make friends with and some you don't.

~Ruby Wax

Nannies love working in our house because they never know who's gonna walk through the door.

~Ruby Wax

My whole career has been an act of revenge.

~Ruby Wax

You have to be great friends and make each other laugh. We laugh a lot and neither is jealous of the other.

~Ruby Wax

I have to keep reminding myself that I am their mother. Sometimes we are sitting at home and I feel like we are waiting for our mom to come home.

~Ruby Wax

Depressions are very cyclical, they happen once every five years. When I was on TV, yes I was effervescent, you can't fake it. It [depression] comes like the pox.

~Ruby Wax

What once made you safe now drives you insane.

~Ruby Wax

I'm lucky not to have a nine-to-five job.

~Ruby Wax

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