Children, Long, People, Memories, Night, Men, Thinking, Television, Husband, Loss Of A Parent, Home, Pasta, New York, Pops, Loss, Film, Goes On, Heart, Two, Energy

I always have bananas with me for energy.

~Samantha Bond

I get so nervous before I go on stage that I can never eat very much, so I'm always completely starving afterwards and dying for a bowl of pasta.

~Samantha Bond

I had absolutely no idea of the scale of its following and the globalness of 'Bond'.

~Samantha Bond

Inside my heart, there's a 12-year-old girl who has always wanted to be Ginger Rogers.

~Samantha Bond

Not a lot of people know this, but I'm very good at mathematics. When I was an angry teenager, I used to sit in my room and do quadratic equations to calm myself down.

~Samantha Bond

If you put people up on pedestals, there's only one way for them to go and that is down.

~Samantha Bond

I adore acting; it's in my blood - quite literally - but I can honestly say the most creative thing in the world for me is being a mother.

~Samantha Bond

My best friend is my husband.

~Samantha Bond

Nobody can prepare you for the loss of a parent.

I'm an appalling flyer. I get very tense, although I no longer weep uncontrollably for no reason - I just sob if there's turbulence.

~Samantha Bond

The bravest thing I've ever done is fly to New York. I'm simply terrified of aeroplanes - I am the woman you see weeping at the airport.

~Samantha Bond

I've been married to the same man - even after the separation - longer than most people in this business. I'm sick to death of people mentioning it.

~Samantha Bond

The middle-aged woman is the ground bed of the audience that watches television and yet they are absolutely invisible.

~Samantha Bond

One of my earliest memories is of being about three and a half, climbing through the legs of a man who I didn't know was the famous actor, Patrick Magee.

~Samantha Bond

My father Philip was an actor and appeared in everything from 'The Onedin Line' to 'Hedda Gabler' with Dame Diana Rigg.

~Samantha Bond

I managed to slip two children out in the middle of my career and have been lucky with all the work.

~Samantha Bond

If I pop off and do something drastic, everyone's going to realise because they know I'm 50. Anyway, middle-aged women are sensational.

I think that as you get older, you become aware of everything that could go wrong.

~Samantha Bond

The big thing that Moneypenny changed was the amount of charity work that I was able to be involved with.

~Samantha Bond

I'm very shocked when I look at television and I see such an aggressive youth and image obsession in the representation of women on our screens.

~Samantha Bond

I tend to opt for relaxed family holidays when I can.

~Samantha Bond

My nickname is Bondy. But not because of the Bond films - it was my surname a long time before I did those.

~Samantha Bond

I grew up without the rose-tinted look at the profession many of my friends had, but I've been very lucky playing major roles in 'An Ideal Husband', 'Arcadia' and 'The Memory of Water'.

~Samantha Bond

When women's parts are being written, they are more and more for under 30s who are nubile and beautiful. Actresses over 40 are finding very little happening.

~Samantha Bond

When I got on stage, I would have a rush of adrenaline; everybody gets it. Normally after the first night it becomes more controllable, and as long as I could ride the wave, I was still in charge.

Sometimes I'll work through the crossword sections of three separate papers.

~Samantha Bond

Something like 'Sex And The City' was insulting - women all clawing on to their youth when there's such ripe territory in honestly exploring women's lives as they get older.

~Samantha Bond

I've always had this sneaking suspicion that I get a kick out of the insecurity.

~Samantha Bond

It's one of the oldest theatrical adages: never work with children or animals.

~Samantha Bond

I have to be careful what I eat before going onstage, to avoid an upset stomach.

~Samantha Bond

I think one of the most important things I can give my children is the right to be themselves.

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