

Sophia Loren

Quotes

*Thinking, Beautiful, Mother, Eye, Believe, Children, People, Girl, Men, Needs,
Two, Sex, Life, Mistake, Coffee, Inspirational, Italian, Skins, Littles, Mind*

Nothing makes a woman more beautiful than the belief that she is beautiful.

~Sophia Loren

Beauty is how you feel inside, and it reflects in your eyes. It is not something physical.

~Sophia Loren

Any woman can look her best if she feels good in her skin. It's not a question of clothes or makeup. It's how she sparkles.

~Sophia Loren

I'd much rather eat pasta and drink wine than be a size 0.

~Sophia Loren

You have to enjoy life. Always be surrounded by people that you like, people who have a nice conversation. There are so many positive things to think about.

~Sophia Loren

The most indispensable ingredient of all good home cooking: love for those you are cooking for.

~Sophia Loren

Everything you see I owe to spaghetti.

~Sophia Loren

When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.

~Sophia Loren

Learn to use your brains as deftly as your powder box, and then maybe you have a powder box and do not need.

~Sophia Loren

A woman's dress should be like a barbed-wire fence: serving its purpose without obstructing the view.

~Sophia Loren

Spaghetti can be eaten most successfully if you inhale it like a vacuum cleaner.

~Sophia Loren

If you haven't cried, your eyes can't be beautiful.

~Sophia Loren

Sex is like washing your face - just something you do because you have to. Sex without love is absolutely ridiculous. Sex follows love, it never precedes it.

~Sophia Loren

I have never judged myself by other people's standards. I have always expected a great deal of myself, and if I fail, I fail myself.

~Sophia Loren

After all these years, I am still involved in the process of self-discovery. It's better to explore life and make mistakes than to play it safe. Mistakes are part of the dues one pays for a full life.

~Sophia Loren

You cannot say, because I am from Naples so I like the mixture of drama and comedy all together.

~Sophia Loren

My philosophy is that it's better to explore life and make mistakes than to play it safe and not to explore at all.

~Sophia Loren

The first woman was created from the rib of a man. She was not made from his head to top him, nor from his feet to be trampled on by him, but out of his side to be equal to him.

~Sophia Loren

The two big advantages I had at birth were to have been born wise and to have been born in poverty.

~Sophia Loren

Where youthful beauty is unconscious, mature beauty is knowing and sophisticated.

~Sophia Loren

The fantasy of a man is the best weapon of a woman.

~Sophia Loren

When I'm walking along in the street, I always feel that around the corner, there is something wonderful waiting for me. That's my attitude.

~Sophia Loren

I firmly believe we can make our own miracles if we believe strongly enough in ourselves and our mission on earth.

~Sophia Loren

I think the quality of sexiness comes from within.

~Sophia Loren

Success, I would find out, is interior. It has to do with self-fulfillment and the joy of living.

~Sophia Loren

Many people think they want things, but they don't really have the strength, the discipline. They are weak. I believe that you get what you want if you want it badly enough.

~Sophia Loren

I think the quality of sexiness comes from within. It is something that is in you or it isn't and it really doesn't have much to do with breasts or thighs or the pout of your lips.

~Sophia Loren

The right hairstyle can make a plain woman beautiful and a beautiful woman unforgettable.

~Sophia Loren

I still don't know what I want to do when I grow up.

~Sophia Loren

Getting ahead in a difficult profession requires avid faith in yourself.

~Sophia Loren

I'm a giraffe. I even walk like a giraffe with a long neck and legs. It's a pretty dumb animal, mind you.

~Sophia Loren

I am lucky. I had a very beautiful mother.

~Sophia Loren

You can always dream. Life is full of dreams that you can fulfill.

~Sophia Loren

Mistakes are the price of an interesting life.

~Sophia Loren

Being beautiful can never hurt, but you have to have more. You have to sparkle, you have to be fun, you have to make your brain work if you have one.

~Sophia Loren

A mother has to think twice, once for herself and once for her child.

~Sophia Loren

Good food is a celebration of life.

~Sophia Loren

Sex appeal is 50% what you've got and 50% what people think you've got.

~Sophia Loren

Mistakes are a part of the dues one pays for a full life.

~Sophia Loren

I know how to say 'no' in twelve languages. That's enough for a woman.

~Sophia Loren

Transformation is something I cannot explain - too much analysis might destroy it.

~Sophia Loren

Beauty is in you and is reflected in your eyes. It is not material.

~Sophia Loren

Believe me, it is actions that count.

~Sophia Loren

I believe that rewards in life are deserved. Every reward is the fruit of discipline, of dedication and of sacrifices. And of stubbornness.

~Sophia Loren

Jealousy is a miserable feeling. It means you aspire to something that you cannot have. Even in love, it is better to leave, better not to waste time.

~Sophia Loren

If you don't have the roots somewhere, it's very difficult for people to work with you. Because you are a different person from them. They don't know you, really. They don't know how you feel.

~Sophia Loren

I eat a lot of salad, a little meat, and some fruitâ€”that's all. But I like sweets.

~Sophia Loren

The facts of life are that a child who has seen war cannot be compared with a child who doesn't know what war is except from television.

~Sophia Loren

There is no better love potion than a coffee. When a man drinks the coffee made by you he will become forever yours.

~Sophia Loren

i have no regrets. regret only makes wrinkles.

~Sophia Loren

I can't bear being seen naked. I'm not exactly a tiny woman. When Sophia Loren is naked, this is a lot of nakedness.

~Sophia Loren

I still like me, inside and out. Not in a vain way - I just feel good in my skin.

~Sophia Loren

If you can learn to use your mind as well as your powder puff, you will become more truly beautiful.

~Sophia Loren

You have to be born a sex symbol. You don't become one. If you're born with it, you'll have it even when you're 100 years old.

~Sophia Loren

You really have to be satisfied with what you are and accept from life what it still very generously offers you - and notice it, and be glad for it.

~Sophia Loren

There is no greater love potion than regular coffee, brewed his own. When a man tries it, he was not going anywhere.

~Sophia Loren

It's a mistake to think that once you're done with school you need never learn anything new.

~Sophia Loren

Ignorance has its virtues; without it there'd be mighty little conversation.

~Sophia Loren

I was born wise. Street-wise, people-wise, self-wise. This wisdom was my birthright.

~Sophia Loren

Cooking is an act of love, a gift, a way of sharing with others the little secrets -- 'piccoli segreti' -- that are simmering on the burners.

~Sophia Loren

Hate is unfulfilled love.

~Sophia Loren

Men always marry younger girls, but sometimes when a women who's very mature marries a younger man, she's criticized. It needs to be corrected.

~Sophia Loren

Almost starve, but I don't starve because I eat very much

~Sophia Loren

I always try to have a vacation.

~Sophia Loren

I was so skinny, they gave me the nickname stecchetto - the stick. I was tall, thin, ugly and dark like an Arab girl. I looked strange. All eyes. No flesh on my bones.

~Sophia Loren

I was not interested in what I could bring to myself by being an actress, but in what I could bring out of myself.

~Sophia Loren

Luck assists fortune, you need to catch the moment. Otherwise the opportunity fades.

~Sophia Loren

As far as beauty is concerned, in order to be confident we must accept that the way we look and feel is our own responsibility.

~Sophia Loren

Beauty is no handicap if you don't think about it.

~Sophia Loren

The eyes of a woman who never cried can not be beautiful.

~Sophia Loren

Sometimes when you involve yourself in so many things, you can't do any of them well - and I like to do everything perfectly.

~Sophia Loren

You must all, somewhere deep in your hearts, believe that you have a special beauty that is like no other and that is so valuable that you must not abandon it. Indeed, you must learn to cherish it.

~Sophia Loren

It's necessary to have an energy that carries you forward. You need the will to live, to have a great curiosity. To look for the best in life, to find new interests.

~Sophia Loren

My mother taught me to walk proud and tall 'as if the world was mine.'

~Sophia Loren

It is very important for an actor or actress to look around at everything and everyone and never forget about real life.

~Sophia Loren

When you find yourself a mom, you will be by no means seriously by itself with your ideas. A mother usually should think twice, once for herself and once for her boy or girl.

~Sophia Loren

I am against all war.

~Sophia Loren

I don't like to run. I don't like to jump up and down. Being a big girl and having a bosom, I injure myself! It upsets me, I have to hold my two things. I just can't jog, there's something in the way.

~Sophia Loren

Without my mother's ambition, her drive, I doubt that on my own I would have pushed myself out of Pozzuoli and into the frightening world that was faraway Rome.

~Sophia Loren

I don't like to go in places where women talk and gossip. The atmosphere I don't like, even though you can sometimes meet nice people. For me, it's a waste of time.

~Sophia Loren

Until you lose your mother you don't know what it is.

~Sophia Loren

Physical exercise makes you more graceful. After some gymnastics you walk as if the whole street is yours.

~Sophia Loren

Everything you live through helps to make you the person you are now.

~Sophia Loren

Show business is what I do, not what I am.

~Sophia Loren

For me, it is good to be vulnerable. It makes me nice... weak sometimes, but in a good way, not a tragic way.

~Sophia Loren

The girl who swears no one has ever made love to her has a right to swear.

~Sophia Loren

Style must be adapted to the woman and not vice versa. The same can be said of clothes.

~Sophia Loren

You do not become a star, you are born a star. A star is born with that indefinable extra something.

~Sophia Loren

There's no pleasure in working if you don't do the things you want to do.

~Sophia Loren

I'm very susceptible to sex appeal.

~Sophia Loren

It [winning Oscar] is the most important event in the career of an actor, an extraordinary moment, beautiful. Some people live their whole life just to win an Oscar.

~Sophia Loren

Once I put myself into a thing, I do my utmost, my very, very best.

~Sophia Loren

I don't believe in anti-aging creams. I believe the skin should be clean, should be nourished, but most of all you should eat the right things.

~Sophia Loren

I have to say that since my mother died, I am not the same person anymore. My life has changed a great deal because it's really unbearable to think you can't see her anymore or talk to her anymore.

~Sophia Loren

The Fountain of Youth is in your mind.

~Sophia Loren

True love comes along after adolescence, when we have learned not to cry for nothing.

~Sophia Loren

I can cook, I can breathe, I can live!

~Sophia Loren

My mother was so beautiful, she really was a a wonderful person. Always walking like a queen. Like she owned the world. Maybe I took something from her.

~Sophia Loren

I'm not Italian, I am Neapolitan! It's another thing!

~Sophia Loren

A dog is faithful, a woman never.

~Sophia Loren

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