

# Suzanne Somers

## Quotes

*People, Cancer, Years, Three, Forgiveness, Home, Doctors, Body, Needs, Son,  
Real, Stress, Giving, Law, Gains, Feel Better, Pilots, Normal, France, Done*

Forgiveness is a gift you give yourself.

~Suzanne Somers

I started reading and talking and interviewing nutritionists and a thread was starting to form for me which is - a protein digests in a different rate of speed than a carbohydrate.

~Suzanne Somers

You know, as long as you do everything in moderation, you don't go overboard, you don't, you know, turn your lips into guppy lips - I mean, a little zip or a little zap, that is not a big deal.

~Suzanne Somers

Cancer is not for sissies.

~Suzanne Somers

I always knew how to cook and at one point in my career where I had done nine television pilots before Three's Company and they all failed, I just got discouraged.

~Suzanne Somers

I saw pure love when my son looked at me, and I knew that I had to make a good life for the two of us.

~Suzanne Somers

It is difficult to get organic food at most restaurants, so when possible, eat at home. When not, do your best.

~Suzanne Somers

I happen to have the benefit of having a son-in-law who was the former Mr. France and a trainer. I like being his benefactor and I like the way he works.

~Suzanne Somers

Around age 40 I put on twenty pounds. I had always had a perfect metabolism. But, my metabolism betrayed me as it does most people, except a very rare few who will always be thin.

~Suzanne Somers

I was diagnosed with full-body cancer. I am the healthiest person you know. You know I do it all. I take vitamins. I grew my own food. I do everything. And it didn't fit, and it was so awful.

~Suzanne Somers

When people asked me what I did for a living, I told them I make pilots. They thought I was a stewardess.

~Suzanne Somers

There are three types of chemotherapy that work for cancer. Testicular, like Lance Armstrong. Childhood leukemia, they're doing great things. And lymphoma and non-Hodgkin's.

~Suzanne Somers

Reduce the stress levels in your life through relaxation techniques like meditation, deep breathing, and exercise. You'll look and feel way better for it.

~Suzanne Somers

For years I have been going to the South of France to cool out.

~Suzanne Somers

I started dieting. I dieted, dieted, dieted and tried all the diets and I would lose and then I would go back to normal eating and would put it on and then some.

~Suzanne Somers

I made a lot of friends over the years and I would always look at what they were eating. All of them were skinny. I would think that I would like

to eat like that.

~Suzanne Somers

Now I know that that is just the phenomena of eating this way. Most all of my letters say I hit a plateau and then one morning I woke up and the melt had happened.

~Suzanne Somers

I eat a lot. I eat three times a day and I snack.

~Suzanne Somers

Forgive the person who has caused the most pain in your life and it will make you feel better.

~Suzanne Somers

Sometimes, when you are in the public eye, you just really need to just be part of the crowd, and look at other people rather than other people look at you.

~Suzanne Somers

I was told by six doctors over six days that they could start me on full-body chemotherapy. And I said, "If you know where I'm coming from, I'd rather die."

~Suzanne Somers

Visualize your ultimate goal and then do the work to make it happen.

~Suzanne Somers

I don't particularly gain water; I don't have water retention.

~Suzanne Somers

I have no bone loss, no brain loss, I have a lot of energy and a lot of strength. My heart is perfect so I think I'm more ready than I would have been in my 20s, honest to God.

~Suzanne Somers

Clean, tasty, real foods do not come processed in boxes or bags; they come from the earth, the sea, the field, or the farm.

~Suzanne Somers

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