

# Thandie Newton

## Quotes

*Self, Thinking, Motivation, Reality, Clever, Inspiration, Way, Powerful, Eating, Black, Lying, Sexy, Ifs, Vulnerable, Feelings, Life Changing, Teeth, Baby, Children, Epidemics*

Then I became a mother and it just fills every space, that isn't filled with something else important. It's just like this incredible balloon that blows up and fills life up.

~Thandie Newton

If we're all living in ourselves and mistaking it for life, then we're devaluing and desensitizing life.

~Thandie Newton

I don't put the pressure on myself to be a very successful movie star. I want to enjoy being an actor and I want to be challenged by the roles I take.

~Thandie Newton

The reality is that who you are is who you are right this second, not who you were at any moment in the past because it doesn't exist anymore. It's done. It's over.

~Thandie Newton

[We assume] that the self is an actual living thing, but it's not. It's a projection which our clever brains create in order to cheat ourselves from the reality of death.

~Thandie Newton

From about the age of 5, I was aware that I didn't fit. I was the black, atheist kid in the all-white, Catholic school run by nuns. I was an anomaly.

~Thandie Newton

When it comes to emotions, we all feel pain in the same way, everyone, whether you're from Istanbul or Beijing.

~Thandie Newton

When I am out and about I feel watched. It's become second nature.

The only time I get to be private is in my work. That is when I liberate the ego. The blessed-out sensation of liberating the ego.

~Thandie Newton

~I've learned the value of absorbing the moment. I remember the first time Ripley saw her shadow. My God, it was like shadows had just been invented. It was the most exquisite moment.~

~Thandie Newton

If I could change my appearance, I would have the gap between my front teeth put back in.

~Thandie Newton

Having children is life-changing, to state the obvious. It's a gigantic shift in your life and I welcomed it.

~Thandie Newton

I'd love to do yoga every day. I don't usually have time, but a few sun salutations go a long way.

~Thandie Newton

I can hardly find the words to describe the peace I felt when I was acting. My dysfunctional self could actually plug in to another self, not my own, and it felt so good.

~Thandie Newton

I use the film industry as a pleasure for work and that kind of thing and it's not a pursuit to make me feel happy in my life.

~Thandie Newton

I never understood the point of juicing - I always thought I could get enough nutrients from eating fruit and vegetables - but now I'm a convert.

~Thandie Newton

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