

Tracey Gold Quotes

*Anorexia, Mother, People, Body, Wheels, Believe, Tabloids, Car, Years, Drivers,
Acting, Right Now, Shots, Hate, Three, Circles, Self Esteem, Religious, Walking
Dead, Responsibility*

Life comes full circle.

~Tracey Gold

After the crash happened, I was so humiliated and embarrassed. I thought of Mothers Against Drunk Drivers, that they must hate me.

~Tracey Gold

I'm not a religious person. I'm Catholic, so I consider myself more of a spiritual person. I believe in God.

~Tracey Gold

Anorexia, you starve yourself. Bulimia, you binge and purge. You eat huge amounts of food until you're sick and then you throw up. And anorexia, you just deny yourself. It's about control.

~Tracey Gold

Our family has gone through a very difficult time. My husband and I have taken the brunt of it. I've never known what it truly felt like to be so sad and desperate inside.

~Tracey Gold

I don't believe things happen in vain. I believe they happen for a reason.

~Tracey Gold

You can't enjoy life if you're not nourishing your body.

~Tracey Gold

I'm the most cynical person, and I know what that sounds like when you say, I don't drink and drive, and I don't. But I know people look at that with skepticism, and I understand.

~Tracey Gold

I will never have a drink and get behind the wheel of a car. It's not

illegal to drink and drive, but there becomes a certain point where it does become a crime.

~Tracey Gold

I've experienced the tabloids when I had anorexia.

~Tracey Gold

I had a very public battle with anorexia.

~Tracey Gold

I've got a pretty good appetite right now.

~Tracey Gold

I unwittingly became sort of this anorexia spokeswoman.

~Tracey Gold

I just don't like to drive. I'm not a bad driver, I just don't like to drive.

~Tracey Gold

I love acting. But I love being a mother. To be a full mother and a full person, you have to do what you love, and that's acting. But I like the best of both worlds.

~Tracey Gold

Any actor will tell you, anybody in the public eye, that the tabloids are the worst kind of ramification of being a celebrity.

~Tracey Gold

I knew that by getting behind the wheel of the car and having had something to drink, the responsibility laid on my shoulders.

~Tracey Gold

I am the person who is a mother against drunk driver.

~Tracey Gold

When I was 19 years old, I came down with anorexia. I had it for about a year before it became public. And it had a lot to do with my self-esteem.

~Tracey Gold

You can never prepare yourself enough to see your mug shot and DUI.

~Tracey Gold

All I need to do to stay healthy is look at my three boys.

~Tracey Gold

Anorexia is such a self-consuming, selfish disease. It's all about you. Becoming a mother, all of a sudden it wasn't about me anymore.

~Tracey Gold

You can stay in therapy your whole life, but you've got to live life and not talk about life.

~Tracey Gold

Alternative therapists don't kill many people, but they do make a great teaching tool for the basics of evidence-based medicine, because their efforts to distort science are so extreme.

~Tracey Gold

Sometimes I forget about taking care of myself.

~Tracey Gold

I'm not acting, but I am acting.

~Tracey Gold

I've been so in my moment about my life.

~Tracey Gold

I have faith in the justice system, and what will happen will happen. I'm

just trying to do the right thing.

~Tracey Gold

I'll always have a baby face.

~Tracey Gold

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