

# Valerie Bertinelli

## Quotes

*Thinking, People, Years, Weight, Sexy, Workout, Home, Divorce, Choices, Stories, Emotional, Past, Lap, Like You, Addict, Size, Limits, Want, Way, Bikinis*

I'm a full-time mom right now and a part-time actress.

~Valerie Bertinelli

Honesty is very sexy.

~Valerie Bertinelli

When you're busy blocking out difficult emotions and feelings, you're not going to feel the good stuff, either.

~Valerie Bertinelli

Happiness is a choice. You can choose to be happy. There's going to be stress in life, but it's your choice whether you let it affect you or not.

~Valerie Bertinelli

If you say you're fat, all of a sudden people like you!

~Valerie Bertinelli

When faced with the choice, choose happy

~Valerie Bertinelli

Divorce isn't the child's fault. Don't say anything unkind about your ex to the child, because you're really just hurting the child.

~Valerie Bertinelli

Ed is very sexy because his emotions are really there - not forced.

~Valerie Bertinelli

If I sleep in and don't run, I'll feel a little bit off because I didn't do what I was supposed to do. But I'm not going to beat myself up because of it. I'll just get right back on track.

~Valerie Bertinelli

I've earned all these years on my face. I don't want to be a liar if in five or 10 years I do get some Botox, but needles in the face scare me, so I

don't really know if I am ever going to do that.

~Valerie Bertinelli

I have faith in faith. God is there, whether we have faith or not, so why not have faith in him?

~Valerie Bertinelli

After a lifetime of losing and gaining weight, I get it. No matter how you slice it, weight loss comes down to the simple formula of calories in, calories out.

~Valerie Bertinelli

Books make great gifts because... [they don't] come in any particular size, so you don't have to be embarrassed if you bought somebody the wrong size.

~Valerie Bertinelli

I have obsessed about my weight in some sort of way all my life. I used to write in my journal what I weighed every day.

~Valerie Bertinelli

I think a lot of people think because I was getting the divorce, that was really the catalyst for gaining so much weight.

~Valerie Bertinelli

Professionally, I have no major goals. That's partly because I'm really flaky. I want things, but I don't go after them. I'd rather they be placed in my lap.

~Valerie Bertinelli

Everybody complains that people are so flaky in LA. I'd rather be flaky than mean.

~Valerie Bertinelli

We all have our painful pasts we have to get through.

~Valerie Bertinelli

Think of every step in a workout as a step in the right direction.

~Valerie Bertinelli

Leap...and the net will follow

~Valerie Bertinelli

You're only as sick as your secrets.

~Valerie Bertinelli

I've got this old-school workout - push-ups, sit-ups, tricep dips. And it worked. Anybody can do this at home.

~Valerie Bertinelli

People come up to me and tell me how I changed their life and I've inspired them. And they tell me their stories, and that keeps me going.

~Valerie Bertinelli

I started thinking: 'Okay, what's wrong with wearing a bikini? I look better than I looked in quite a few years, so why not? What am I afraid of?

~Valerie Bertinelli

I never, ever, ever had deltoids! Oh my God, when I'm doing exercises and I see them pop out, I'm like, Yes!

~Valerie Bertinelli

I'm a food addict, that's my downfall.

~Valerie Bertinelli

As an emotional eater, I eat to soothe.

~Valerie Bertinelli

I kept buying bigger and bigger jeans, and once the size 14s got too tight, I thought: 'That's it. I'm not buying the next size'.

~Valerie Bertinelli

My eyes aren't special, my nose isn't special, my mouth isn't special.

~Valerie Bertinelli

The only things I really love about myself physically are my ankles and my hair.

~Valerie Bertinelli

It took me years after stopping the cocaine before I was able to enjoy a sunrise and enjoy the sound of birds.

~Valerie Bertinelli

Once a food becomes off-limits, then it takes on this whole other personality. Forbidden is more tempting. And it becomes something evil, but food is food. Its there to nourish your body.

~Valerie Bertinelli

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