



From Child Start to Star Mama! An Interview with Candace Cameron Bure

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From an 80's child star to a New York Times bestselling author, producer, inspirational speaker, wife and mother, actress Candace Cameron Bure sat down with AKA Mom to share her journey.

AKAMom: Thank you so much for speaking with me today!

Candace: Absolutely, thanks for having me!

AKAMom: As we all know, you grew up in the spotlight, in front of all of America on Full House, what was it like to grow up as a child star?

Candace: Well, I don't know any other way! It was all pretty great for me. I really enjoyed acting and that is why I stayed in it, I was never pressured to be in it, you know if I didn't like it any more my parents always just told me to tell them and I could stop any time, but I really loved it so it's just how I ended up growing up. My family was very normal otherwise, very grounded, so working was a part of my life but it wasn't my whole life. So I didn't really feel very different from the rest of my friends, even though I was doing commercials and on a television show!

AKAMom: That's great! Did you feel any pressures being in the industry as you were growing up at such a pivotal point in your life?

Candace: No, you know I didn't ever feel pressure just because my parents always place the first priority in our life on our family and always made decisions that were for our best interest as children, so I knew that they were protecting me no matter what and like I said I really enjoyed it all so I didn't have any outside pressures at all which I completely attribute that to my parents for being really good guardians and really taking care of me and looking out for me. But certainly there were moments when you are growing up on national television where you in front of millions of people when you go through awkward stages and those weren't always that fun! So there were awkward times, but no pressure.

AKAMom: That's wonderful. Have you ever thought about if you hadn't gotten in to acting what would you have done? What would be your parallel universe career?

Candace: I think about that all the time! It is so crazy because I started [acting] at the age of five, I didn't really think about that much growing up because I loved what I was doing, but as an adult now, not that I am "Miss Fashionable" but I tell you I love fashion and clothes and shoes and styling! I think I might be in that world somehow, as like a personal stylist or something!

AKAMom: Absolutely! I have noticed that in all of your appearances and interviews you are always very stylish, how would you define your style?

Candace: I don't know, I think it has evolved over the years and my style changes with each stage of my life, I mean I think that is natural for anyone but I feel like within the past 5 or 6 years I feel like I really came in to my own style and found what makes me feel comfortable. I feel like I look good in it but it's practical at the same time. This is probably too long of an answer but I love clothes a lot and I can look through a magazine but you look at so many great pieces but when you go to put them on, especially with shoes or constrictive clothing, they aren't very practical! You can't walk around in them or you are feeling self-conscious or you are tugging and pulling, or your ankles are trying to turn because your heels are too high, even though the outfit looks amazing!

AKAMom: Exactly, we have all been there!

Candace: I used to try that in my early 20's, but now that I am in my thirties and obviously a mom too, I just got very particular about what I buy. I have to make sure that it moves with me and that I can move quickly in it, and not be tugging and pulling at it. But anyways, all that being said I think my style is pretty classic in a sense, I am not overly trendy, and certainly not high fashion because it isn't practical but I am pretty West Coast, California, like hip casual. So I can transition most of my day outfits into a night outfit just by changing up a jacket or a heel or a belt or something like that.

AKAMom: I also have heard that you are a fellow shoe addict, how many pairs of shoes do you have?

Candace: Oh Lord, way too many! I think... OK, the sad thing is that I give away so many pairs of shoes a year so it's not like they have just been accumulating for years, so they come in and out. But I think I have in my closet, I am embarrassed to say, I am sure that there are over 250 pairs of shoes. I even have a couple boxes in storage. I really love shoes!

AKAMom: I completely understand! So what is your favorite pair?

Candace: That is like asking me who my favorite child is! I can't pick one pair of shoes! There are just too many purposes for them. But let's see, what I am wearing right now, which have transitioned me great from L.A. winter into spring, I have these little Sam Edelman like half-boots, I just featured them on my blog last week. They are just little taupe colored half-boots that have some fringe down the side. Their really walkable, but I can throw them on with skinny jeans or a cute little pair of shorts or I don't know really anything.



AKAMom: The perfect go-to versatile shoe?

Candace: Yes, definitely!

AKAMom: Perfect, well I wanted to talk to you about your book, Reshaping it All. You ventured from acting to writing very successfully, what caused you to write this book?

Candace: I have been speaking at lots of churches and woman's conferences all over the country for about 10 years now, and I used to write for an online magazine as well, and when I used to talk to all of these women there was one consistent question. People would see me and remember what I looked like at 15 years old from Full House, and then they would see me now. When I was younger with my chubby little cheeks, then they would see me now and realize that I have three kids and they would ask me how I was working out and what I was eating, they wanted my whole fitness routine and all of that kind of stuff. That was a question that I keep getting asked constantly and that whole part of my life was a journey and so when I would talk to these women, it became so much more than 'hey, I eat lean proteins for lunch and I work out 3 days a week'. It was much more of an emotional issue for me, which so many of us deal with, where we turn to food for comfort. For me, it was really turning to my faith for comfort from whatever I was going through, to get the immediate gratification that is found, for so many of us, in food. So anyways, as I realized that this is such a prevalent question for me, that so many of my fans and my audience were wanting to talk to me about, little by little I began to think that there was enough there to write a book to share my story and to give a lot of practical advice that I learned through the years that can help others get on the right track with their bodies and faith and the emotional issues that go with it.

AKAMom: Yeah, absolutely. So, the book's subtitle is "Motivation for Physical and Spiritual Fitness." While physical fitness is such an everyday term, people don't usually think about spiritual fitness, what does that term mean in your own words?

Candace: I think it is just like physical fitness. We train for something to be in shape and spiritual fitness is the same thing where we train the mind

about spiritual things and for me that is reading my bible everyday and knowing the word of God. I renew my mind and my spirit by knowing what God has to say and I see his truths and his promises that are laid out in his word and then storing them up in my heart and my mind and relying on his view and what he has to say about me and my body and how to take care of it and not just the world view-point about what beauty is and what health is. It is amazing to realize that God has talked all about those things, but that there are many things that are different than the standards that the world places on you. Just like when we look at fashion magazines or those types of beauty standards, a lot of them are unrealistic views, where I can look to God's words and say God says I am fearfully wonderfully made just because He made me just the way I am and I am perfectly unique and wonderful. So those are the things that are spiritual fitness for me.

AKAMom: That's great! Now I know that you are actually working on a new movie right now, can you tell me a little bit about that?





Candace: Sure I am in Vancouver right now filming a Hallmark Christmas movie that will be out this Christmas called "Let it Snow." I have a very cute co-star that I am working with, Jesse Hutch.

AKAMom: That's always a nice plus!

Candace: Definitely!

AKAMom: So can you give us any hints as to what we will see in the movie?

Candace: This movie is about two people finding themselves and finding their identities in the midst of, and really in spite of, their family issues. Simply put, it's a romantic comedy, obviously set at Christmas time.

AKAMom: Well, we will be sure to look out for that! What other projects do you currently have in the works?

Candace: Well, I have a movie that is airing on GMC on May 18th is called Finding Normal.

AKAMom: And what can you tell us about that movie?

Candace: Well my character is Dr. Lisa Leland and this movie is a little like Doc. Hollywood in the sense that I play an L.A. doctor who is moving to the east coast. She is just making all the money and has a great lifestyle, and on the drive to move she gets stuck in this small town in Louisiana. She gets stuck there for about three days and meeting all of the town's people she realizes that she had her life really mapped out but that it might not be the life that God has mapped out for her. It makes her take a second look and reevaluate her life.

AKAMom: Do you think that this is a movie that women will be able to relate to with their own stories?

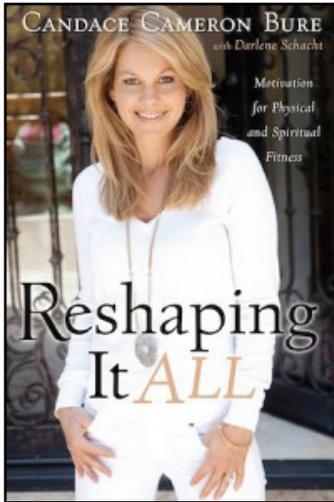
Candace: Absolutely, and it is a fun, family friendly movie. Again, it is on GMC which is uplifting entertainment, so it is not just a story for women but for the whole family. There is definitely something in there for everyone to take a look at. All of these movies, the types of movies that I do, are there to not only entertain you but to inspire you to take a look at yourself and your life and this one makes you think about your priorities.

AKAMom: That's great! So what can we expect from you in the future?

Candace: Well I just finished the manuscript for my next book but that is not going to be released until January 2014 but that book is called Balancing it All. It is really my story on purpose and priorities. I am super excited to have the next book come out and it is really about family and work, being a wife and being a Mom, and faith.

AKAMom: That is very exciting!





Candace: Yeah, it is a reflection of my life and how I have managed to do that and the lessons that hopefully readers will take away from.

AKAMom: Well we will definitely look forward to Balancing it All coming out! Do you see yourself continuing writing or focusing more on acting? Or a combination of both?

Candace: I would love to keep doing both! We will see, hopefully Balancing it All will be as successful as Reshaping it All has been! I love the writing aspect, it's great, and I love to continue with that, but acting is my first love and priority as far as work. That is really my passion!

AKAMom: That's great, it was so wonderful to speak with you today and we will look forward to your new movie, Finding Normal, on May 18th and all of your other exciting upcoming projects!

Link: <http://akamommagazine.com/from-child-star-to-star-mama-an-interview-with-candace-cameron-bure/>