



Will Tweed, Agent
Carrollton, TX 75006

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Jennifer Aniston says she won't let tabloids steal her joy



Actress/producer Jennifer Aniston arrives at the "Life Of Crime" premiere during the 2013 Toronto International Film Festival on Sep. 14, 2013, in Toronto, Canada. / JAG GUNDU/GETTY IMAGES

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Despite spending nearly half her life under the glare of the cameras, **Jennifer Aniston** admits she's still not used to baggage that comes with it, from paparazzi to the tabloid headlines.

"All that stuff, it's toxic," says the actress. "It never gets un-jarring, but you do have to not let it imprison you, which is possible too."



23 PHOTOS

Jennifer Aniston

To that end, she has her way of insulating herself - sticking tight to a close group of friends and not believing the hype that envelops her.

"There's times when you see people climbing and getting success and you start to see, oh, they're starting to really change. So I always just make the effort to be as humble and grateful as possible," she said.

She certainly seemed that way when she spoke to The Associated Press last week. Despite the swanky setting -- a hotel presidential suite -- the actress sat on the floor eating a celery stick dipped in ranch dressing as she talked about her latest project, an online digital short for Aveeno, which she represents:

AP: You're a beauty pitchwoman. What's the weirdest beauty regimen you've tried?

Aniston: I don't go out too crazy. You mean like did I ever put leeches on my face? ...The closest I'll ever go is a **derma-roller**. Google it - it's great. It's like a little wheel that has little pins, like acupuncture needles in a way, and you roll it and it stimulates your collagen and it also allows for your products to seep into your skin.

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