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Academy Award® Winning Actor And Philanthropist Jeff Bridges Talks Family, Fame And Why, At Heart, He's Not 'The Dude,' In The August/September Issue Of AARP The Magazine

Tweet It: Oscar winning actor Jeff Bridges talks family, fame & 'The Dude' in latest issue of @AARPMag. Read more here <http://bit.ly/Mqx3uo>

WASHINGTON, D.C. (July 29, 2014) — Perhaps best known for playing an immature, stoned-out slacker, Jeff Bridges is actually one hardworking, deep-thinking family man. Having portrayed everyone from an Old West sheriff in *True Grit* to the leader of a futuristic dystopia in the upcoming film, *The Giver*, the Oscar®-winning actor reveals his knack for shape-shifting in the August/September issue of *AARP The Magazine*. And whether he's advocating for children through his nonprofit, the End Hunger Network, or practicing the art of Zen Buddhism, the om-chanting scion of Hollywood royalty maintains his Lebowski-esque persona, while managing to achieve something that has eluded many movie folks—maturity.

The following are excerpts from the August/September issue of the *AARP The Magazine* cover story featuring Jeff Bridges, available in homes today and online NOW at www.aarp.org/magazine.

On growing older:

"I've got two conversations going on in my head. One says, 'Hey, you've got a lot of stuff you want to do, man. Now's the time, because you're gonna kick the bucket pretty soon.' The other says, 'Oh, Jeff, you want to make the rest of your life a giant homework assignment? Just relax, man. Just relax.'"

"You inhale, you exhale, and you get on with it."

On his outlook on acting:

"I realized that fear doesn't necessarily go away, but you befriend it."

On his 37 year marriage to Susan Geston:

"What they don't tell you about marriage is that it just keeps getting better on all levels—emotion, sex, intimacy. Intimacy is what we're all looking for. It's kind of a big high."

On his efforts to end childhood hunger:

We work in a local way, avoiding the political pea soup in D.C. We're trying to make sure kids who come to school have enough nutrition to learn."

The Giver Director Phillip Noyce on Bridges:

"He thinks deeply about every word, every gesture, yet he leaves space for moments of spontaneous combustion. He avoids confrontations and ego struggles. Jeff's vibe really helped us through some difficult days during filming."

On his Hollywood upbringing with actor parents:

"I had a pretty great childhood. [Dorothy Bridges] was kind of a spectacular mom."

On his father, actor Lloyd Bridges:

"He had such tremendous fun with what he was doing, and the feeling was contagious."

Actor Beau Bridges on his brother:

"Our parents were wondering if he would amount to anything. I kept assuring them, 'Give him time-he's got great gifts.'"

Longtime friend and stand-in Loyd Catlett on Bridges' marriage:

“Sue brings Jeff down to earth. In this business, you’ve got everybody telling you how great you are. In a loving way, she says, ‘All right, honey, let’s get down to reality.’”

For the complete interview, along with behind the scenes video, check out <http://www.aarp.org/magazine/>.

About AARP The Magazine

With more than 35.4 million readers, AARP The Magazine is the world's largest circulation magazine and the definitive lifestyle publication for Americans 50+. AARP The Magazine delivers comprehensive content through health and fitness features, financial guidance, consumer interest information and tips, celebrity interviews, and book and movie reviews. AARP The Magazine was founded in 1958 and is published bimonthly in print and continually online. Learn more at www.aarpmagazine.org.

About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; www.aarp.org; AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at www.aarp.org.

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