

# Celebrity News: Demi Moore to Reflect on Ashton Kutcher & Bruce Willis Marriages In Memoir



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In [celebrity news](#), [Demi Moore](#) is set to release a “deeply candid and insightful” memoir titled *Inside Out* that reflects on her [celebrity marriages](#) to [celebrity exes](#) [Aston Kutcher](#) and Bruce Willis, according to Harper Collins. *UsMagazine.com* reports Moore was married to Willis from 1997 to 2000 and have three daughters, Rumer, Scout, and Tallulah. Kutcher and Moore were together from 2005-2011, with their celebrity divorce being finalized in 2013.

# In celebrity news, Demi Moore will open up about her failed marriages in her memoir. What are some ways writing can help you cope with a break-up?

## Cupid's Advice:

Demi Moore wrote an entire memoir after two of her marriages ended in divorce. While writing might not be your coping mechanism for a break-up (and it's a *really* good way to cope), here are some other ways to get through your relationship ending:

**1. Talk about it:** Get some coffee with a friend or go to a restaurant for lobster and steak to dish all about the break-up. It's not good to hold in emotions after a break-up and your friend is sure to be willing to listen to you vent! Use it as a chance to catch up with them too if you haven't seen each other in a while.

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**2. Practice self-care:** It's time to put yourself first for a while. It is not selfish. You are putting your own well-being first for once. Get a mani-pedi, binge-watch your favorite show on Netflix, or eat an entire pizza by yourself. Or all do all three! You need to learn to care for yourself again.

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**3. Practice positivity:** Try not to let yourself dwell on everything negative that happened in your relationship. If you don't want to think about it at all, that's okay. Start a

gratitude journal and write about all of the good things happening in your life. Or, if you need to write about your relationship, write about the positives and the things you have learned that you can take with you when you are ready to start dating again.

**What are some other things you can do to help you cope with the end of your relationship? Let us know in the comments below!**