

# Celebrity News: Lauren Adkins Talks Saving Herself for Thomas Rhett in New Book



By Alycia Williams

In latest [celebrity news](#), Lauren Adkins talks about saving herself for Thomas Rhett in her new book. According to *UsMagazine.com*, Adkins talks a lot her [celebrity relationship](#) with Rhett, including how the two met and what their relationship was like when they were in high school and in college. Adkins talks about staying true to their values while they were in college by saving themselves for marriage. “I mean, don’t get me wrong, it’s not like we didn’t kiss a ton or get a little too close a few times,” she writes. “We just always made a choice to stop short of breaking the promise

we'd made to save ourselves for marriage."

## **In celebrity news, Lauren Adkins is opening up about her life with country star Thomas Rhett. What are some ways to cope with a partner who has a demanding job?**

### **Cupid's Advice:**

In a relationship you always want to be supportive of what your partner is doing, even if it feels like it's stealing time away from your relationship. If your partner has a demanding job and you're looking for ways to cope, Cupid has some advice for you:

**1. Don't nag:** Annoying your partner about the long hours that they work isn't going to make the situation any better. Instead have a conversation with them about it when you get the chance, it'll result in a better outcome.

**Related Link:** [Celebrity News: Thomas Rhett & Wife Lauren Speak Out Against Racism for Adopted Daughter](#)

**2. Show unconditional support:** It can be difficult to show interest in your spouse's career after your own long day of work. But it's important that you're thoughtful and present in your conversations relating to your partner's career, and that your support is unconditional toward their work. Without such support, a lack of understanding and resentment can breed in your partner, making it difficult to act as a couple.

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**3. Come up with a solution together:** After talking to your

partner, you should try to come up with a set day and time once a week that you know you count on your partner to be around. That way even when it feels like you haven't seen your partner in a while, you can look forward to the set time that you both put together.

**What are some other ways to cope with a partner who has a demanding job? Start a conversation in the comment below!**