

Levi Johnston to Write a Tell-All Book About the Palins



Levi Johnston, the father of Bristol Palin's son Tripp, is writing a tell-all book about his experiences with the Palin family, reports UsMagazine.com. The book, entitled *Deer in Headlights: My Life in Sarah Palin's Crosshairs* is slated for release in the fall under Touchstone Publishing. "He's ready to give an inside glimpse to his relationship with the Palins," explained a source. "[He wants to] share his trials and tribulations of being thrust into the spotlight and becoming a father at such a young age."

How do you deal with a vengeful ex?

Cupid's Advice:

When your ex-partner won't let your relationship go, the results can be painful. Here are a few ways to deal with your hurting ex:

1. Resolve past issues: If your partner is hurt and angry after your relationship ended, then there are probably some unresolved issues between the two of you. Take some time to negotiate and settle these issues.

2. Ignore him: It may be that your ex is simply reacting childishly to petty problems. If this is the case, then ignore him. His antics are only a plea for attention.

3. Get help: If your ex is taking things too far, you may need to get another person involved. Talk to mutual friends and have them talk some sense into him. If things are even more serious, you may want to report your ex for harassment.

Do you have a bad breakup story? Feel free to leave a comment below!