

Jennifer Aniston Says She's Not Desperate to Have a Baby



Many of Hollywood's top leading ladies have opened up to *ELLE* addressing all of the secrets and rumors everyone wants to know. On talk of being desperate to have a child, *Friends* alum Jennifer Aniston set the record straight by saying, "If it's meant to be, it's meant to be. I'm at peace with whatever the plan is. But will you hate me if I say I don't want to talk about my relationship?" Though she remained private about her new beau Justin Theroux, according to [People](#), Aniston did reveal that she once threw a chair at a director because of how he was treating the script supervisor.

How do you keep desperation out of your desire to have kids?

Cupid's Advice:

There are beautiful things about having children, but there are also benefits to not doing so. The answer is to be happy with what you have. Cupid has some advice:

1. Take it day by day: Don't obsess over not having kids at this very moment. Things can always change quickly, and it's best to be happy with what you do have in the present.

2. Focus on what you have: Focus on your family, friends and career. If you're too obsessed with having children, you can miss what's going on right in front of you.

3. Consider your options: If you really want to try to have children, look into adoption and fertility treatments, and find out what's the best option for you.

What are some of the benefits of not having children? Share your ideas below.