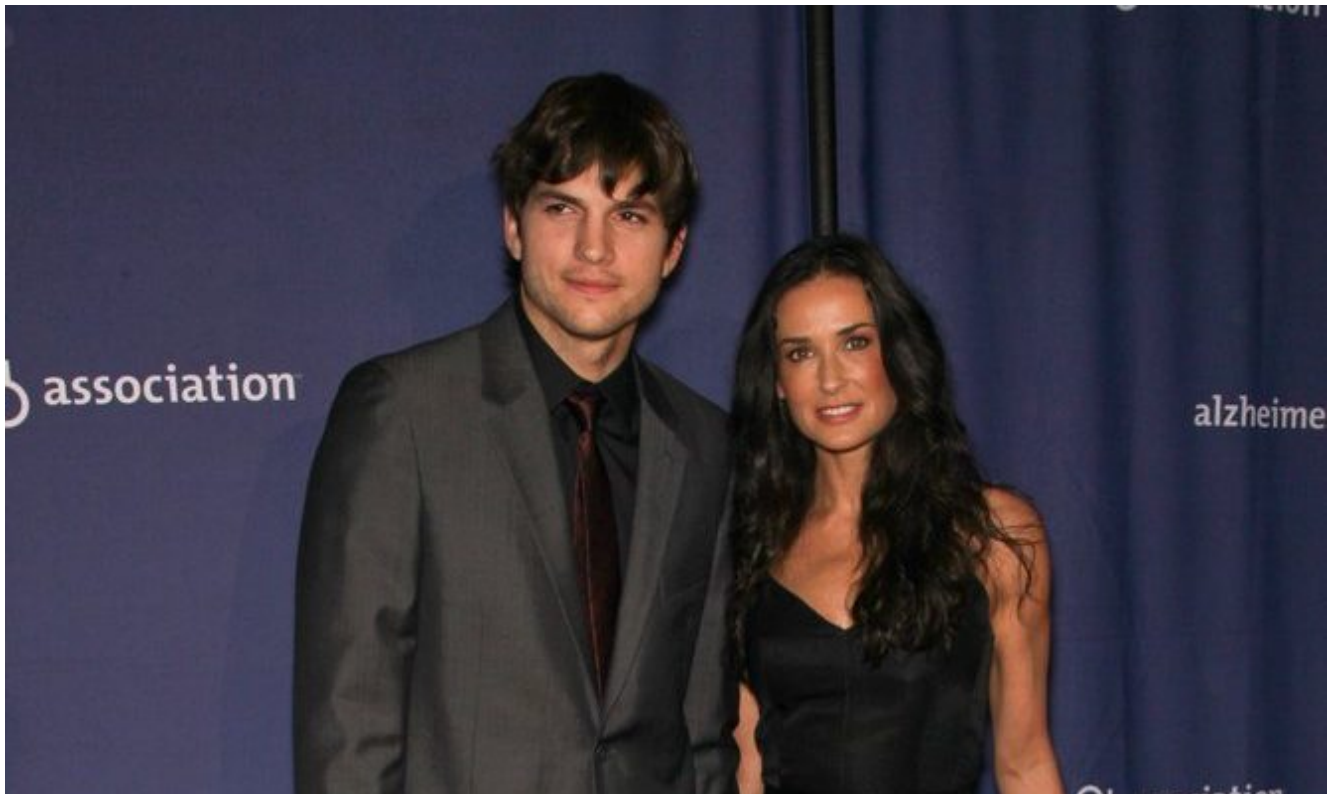


# Demi Moore Proves There's Hope After Divorce



By Amy Osmond Cook, Ph.D.

It's unclear as to whether Demi Moore is going to file for divorce from Ashton Kutcher after he allegedly cheated on their sixth wedding anniversary. At least, that's what the *Vancouver Sun* and other media outlets are reporting. Though both parties have declined to confirm the split, it's certainly apparent that this is a difficult time for both of them.

It's no surprise that many marriages crumble when there is a serious betrayal. For most Americans, marriage remains the highest expression of commitment that they can imagine. Most also believe it's unacceptable to cheat, lie, or keep secrets

in a marriage—and that number has continued to fall over the past 40 years, according to Stephanie Coontz, the author of the article *The Origins of Modern Divorce*.

While the difficulty of this situation cannot be overstated, Demi has navigated this terrain before with grace and poise.

If she handles a divorce from Ashton like she did her divorce from Bruce Willis, we can expect the couple to stay friends and find happiness amidst the devastation. So, what can we learn from this actress?

**1. Keep it classy.** Demi has yet to talk about her situation with Ashton in a public way. Until a final decision is made, she's probably going to keep quiet about it. She and Bruce were models of restraint during their divorce and continued to build each other up even as they separated.

**2. Remember that love conquers all.** Somehow, Demi and Bruce continued to love each other while no longer remaining "in love" with each other. Bruce told *Vanity Fair Magazine* in 2007: "It's hard to understand, but we go on holidays together. We still raise our kids together—we still have that bond. . . . I love Demi, and I know she loves me." We can expect Demi to go through a grieving process, but then come out on top—choosing love and forgiveness over bitterness and acrimony.

**3. Put the kids first.** In 2007, Demi stated: "I'm the product of divorced parents, and my brother and I were the pawns in my parents' game. I never wanted that for my kids." She explained, saying: "You know, I didn't get married and have children so I could get a divorce, get remarried, and get along with my ex-husband. But since that is what happened, I am grateful it turned out this way." Ashton has been a father figure to Demi's children for years, so Demi will most likely continue to support that relationship.

Divorce is certainly difficult. Many of us know that from

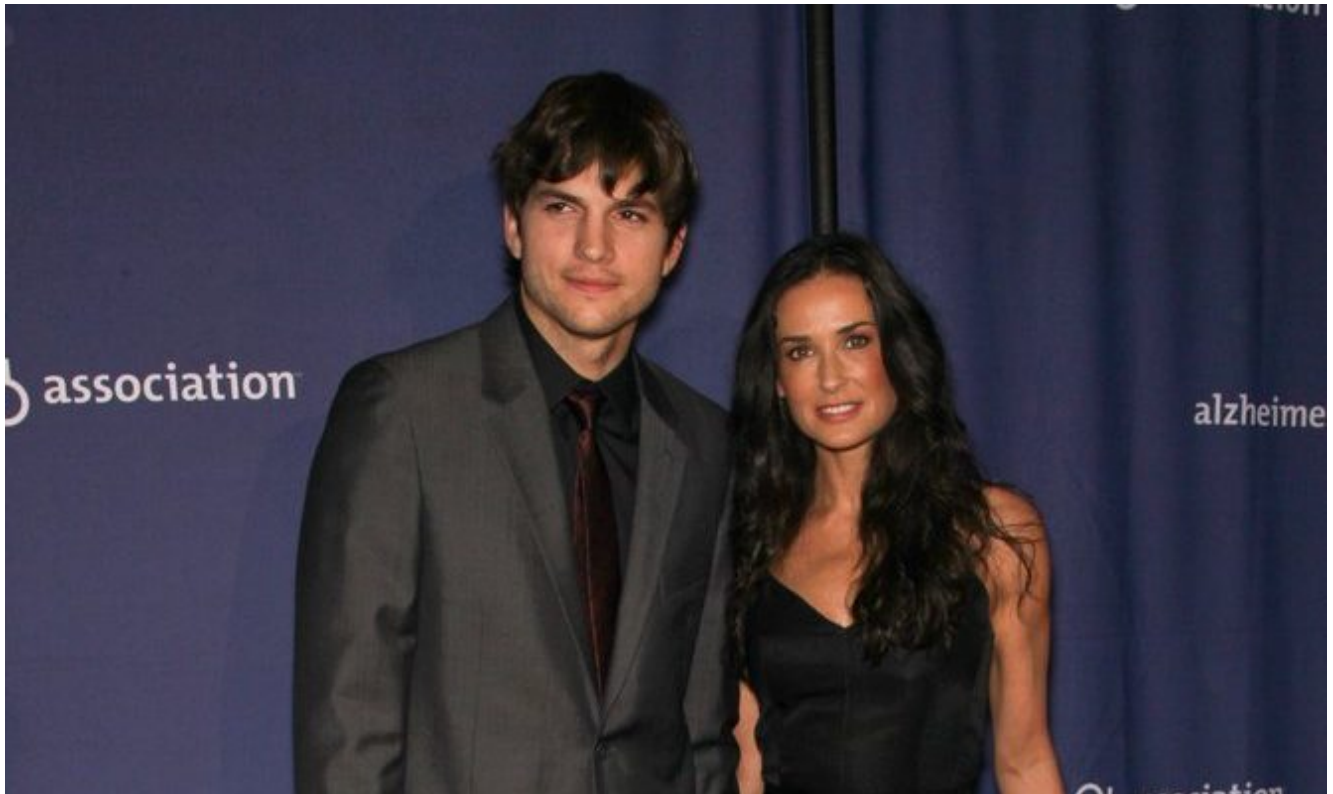
personal experience. But if anyone can handle a public divorce in a classy way and continue to find the good in her relationships, it's Demi Moore.

*Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit [amyosmondcook.com](http://amyosmondcook.com).*

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## Ashton Kutcher and Demi Moore Camp with Kabbalah Instructor





In the midst of a cheating scandal, do what the Romans do and ... camp with your Kabbalah instructor? Despite being the hot topic in the tabloids for the past couple weeks, Ashton Kutcher and Demi Moore were spotted on a camping trip with their religious mentor at Cachuma Lake, near Santa Barbara, Calif., according to [People](#). Kutcher's friend, Eric Buterbaugh, also accompanied the group. Apparently the duo needed some time away to reflect.

**When you're stressed as a couple, how do you briefly get away?**

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

Stress can really put a strain on a relationship. Here are some ways to relieve your stress as a couple:

- 1. Go on a date out of town:** Taking a night off in a town you've never visited before can be a great way to relax and let loose. You're not likely to run into anyone you know, and there's a certain excitement involved in exploring a new location.
- 2. Couples massage:** You may not have time to dedicate to

getting out of town, but there are spas and/or massage therapists almost everywhere. Make an appointment for a couples massage and let your worries slip away.

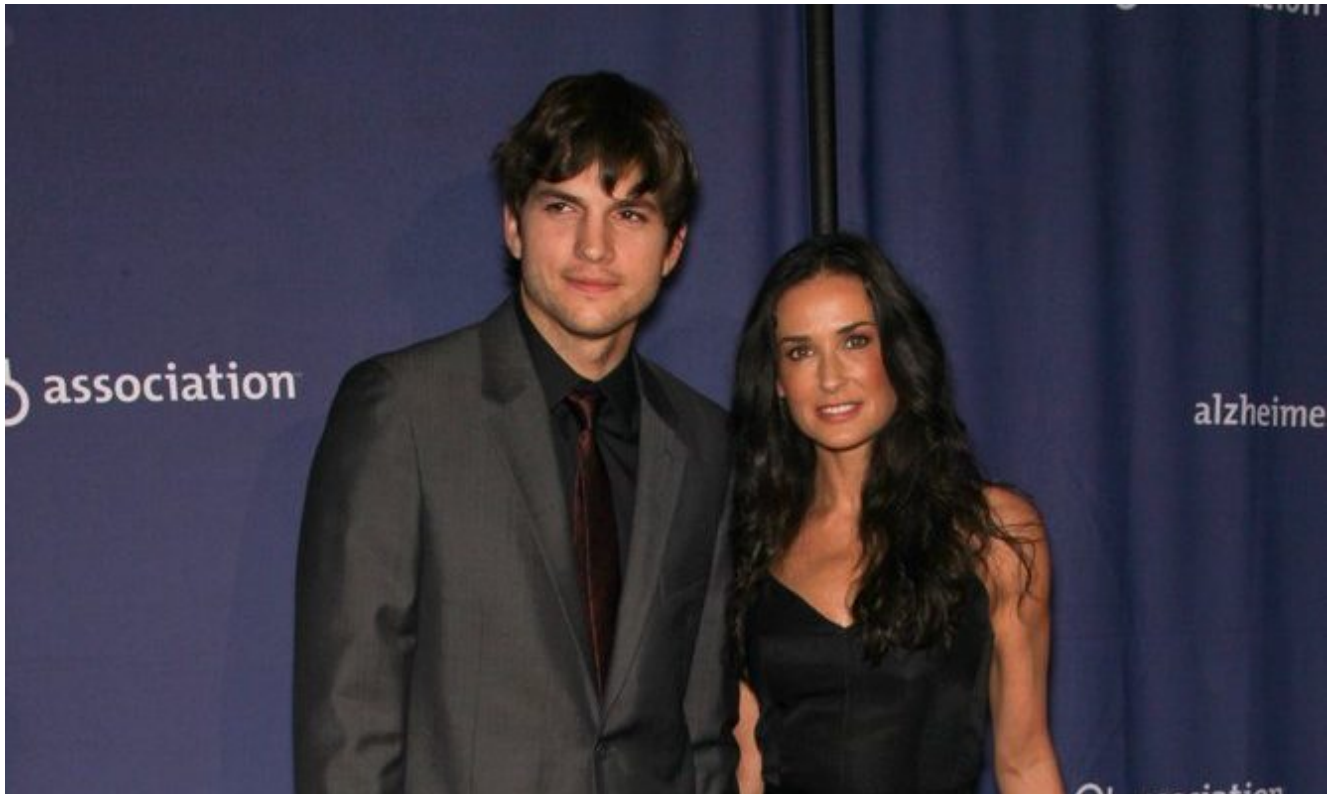
**3. Let go of responsibility and go out:** Sometimes we get so used to our routines that we forget to spice it up every once in a while. Forget about laundry, dishes and paperwork for a night. Get a babysitter if you need one, and hit the town with your partner. Bring it back to the good old days when you didn't have "real life" to worry about as much.

**How do you relieve stress as a couple? Share your thoughts below.**

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## **Ashton Kutcher and Demi Moore Are Spotted at Religious Services**





After recently being slammed with rumors of turmoil in their marriage, Ashton Kutcher and Demi Moore were seen together attending religious services at the Kabbalah Centre. According to [People](#), the two sat on separate sides of the aisle as is customary in Kabbalah. After the service, Kutcher greeted Moore with a hug and the couple walked out with their arms wrapped around each other's waists.

**What do you do if you hold different religious beliefs than your partner?**

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

The laws of church and state don't just apply to the government; they can also often times apply to relationships. Find a happy medium by agreeing to disagree:

- 1. Focus on what you have in common:** Chances are you have something in common with your partner, even if it's just your love for one another. Keep your focus on what you can agree on.
- 2. Learn more about your partner's faith:** Take this

opportunity to learn more about your partner's beliefs and why they are important to him or her. Chances are that they will want to learn more about yours in return. You may find more commonalities than differences.

**3. Don't bring it up:** Make it clear to your family and friends that when your partner is around, religion isn't to be a topic of discussion.

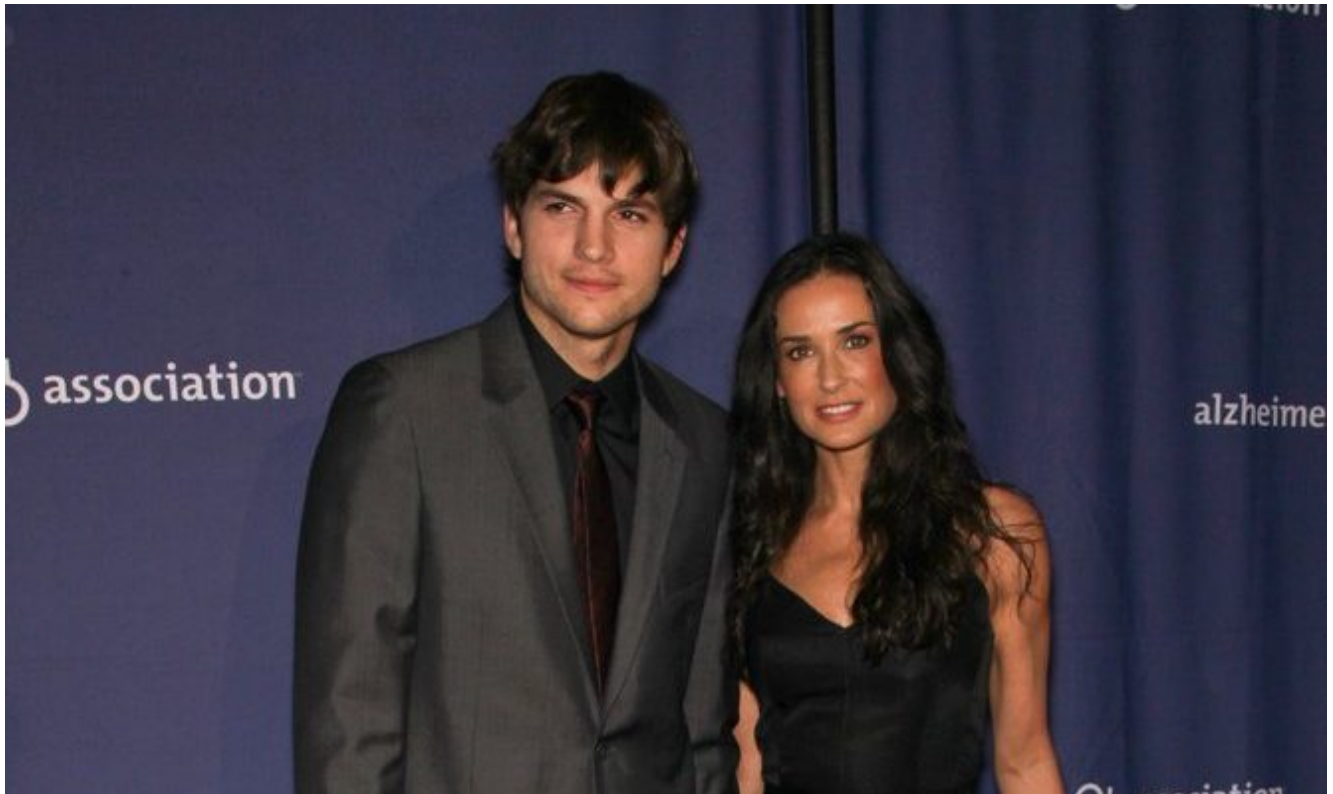
**What do you do if you and your partner shares different political beliefs? Share your ideas below.**

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## Ashton Kutcher and Demi Moore Are Silent Following Cheating Allegations







First, Ashton Kutcher was accused of cheating on his wife, Demi Moore, and now there are even more rumors flying around. After spending their anniversary apart, [RadarOnline](#) reports that the two Twitter lovers no longer follow each other on the social networking platform. To make the gossip even juicier, Moore and Kutcher have reportedly been living separately for the last two months. Moore and Kutcher are both keeping silent about the allegations and talks of divorce.

**How do you deal with the public backlash when you're having conflict in your relationship?**

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

When you and your partner are having problems, it can seem like meddling family and friends are worse than the paparazzi. Here are some ways to go about combating the public:

- 1. Keep silent:** If all you can think to say is mean-spirited, it's probably best to keep quiet. It's your business, and no one else needs to know what's going on in your relationship.
- 2. Don't pick a fight:** If your better half is going around



telling their side of the story, don't address them. Instead, find the people he's been speaking to and tell them your side personally.

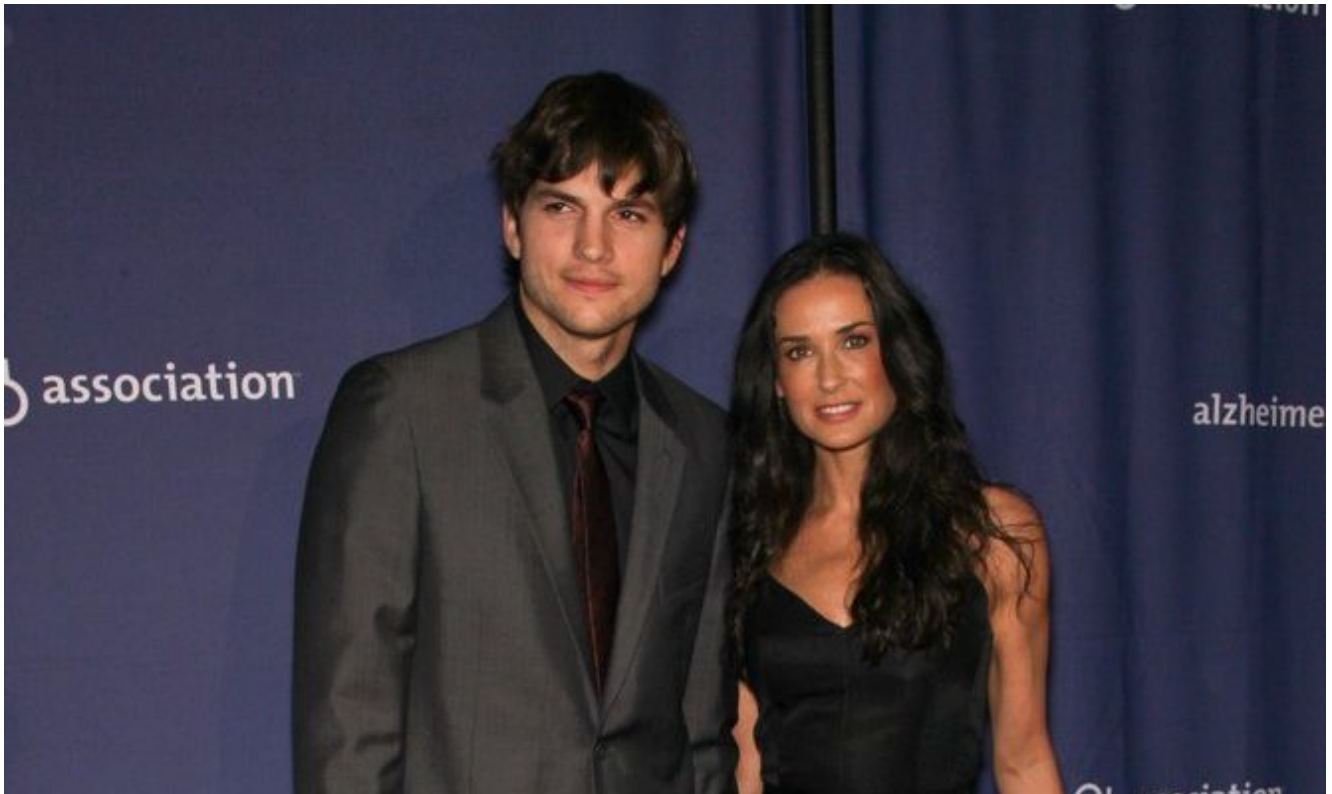
**3. Take the advice:** Sometimes people want to know about your problems just to give you advice. Entertain them, but make your own decisions.

**Do you and your partner have your own paparazzi? Share your experiences below.**

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## Ashton Kutcher's Alleged Mistress Hires a Lawyer





A 23-year-old woman, who is accusing Ashton Kutcher of cheating on wife Demi Moore with her last Friday, has hired a top Hollywood attorney. according to [RadarOnline](#). "She is due to meet with an attorney tonight (Tuesday). She is freaking out," one of her friends said. As a result of the alleged cheating, *Star* magazine is preparing to hit the newsstands Wednesday September 28 with a sensational report about the couple's marriage being "officially over." "Ashton and Demi have separated and the marriage is over," a source close to the couple told *Star*. "The relationship ended because of Ashton's serial cheating. It's a painful time for Demi."

**What are some signs to look for when you think your mate may be cheating?**

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

You have a good feeling that your partner is cheating, but how do you know for sure? Here are some common signals:

**1. Work habits change:** If your significant other is suddenly working late or at odd hours, you may want to look into the

real reason behind it. It very well may be career-related, but it's best to make sure.

**2. Privacy:** If your significant other demands more privacy, there may be a reason. If he begins password-protecting his computer, hiding his credit card bills or isn't comfortable allowing you to use his phone, you should make sure to ask why.

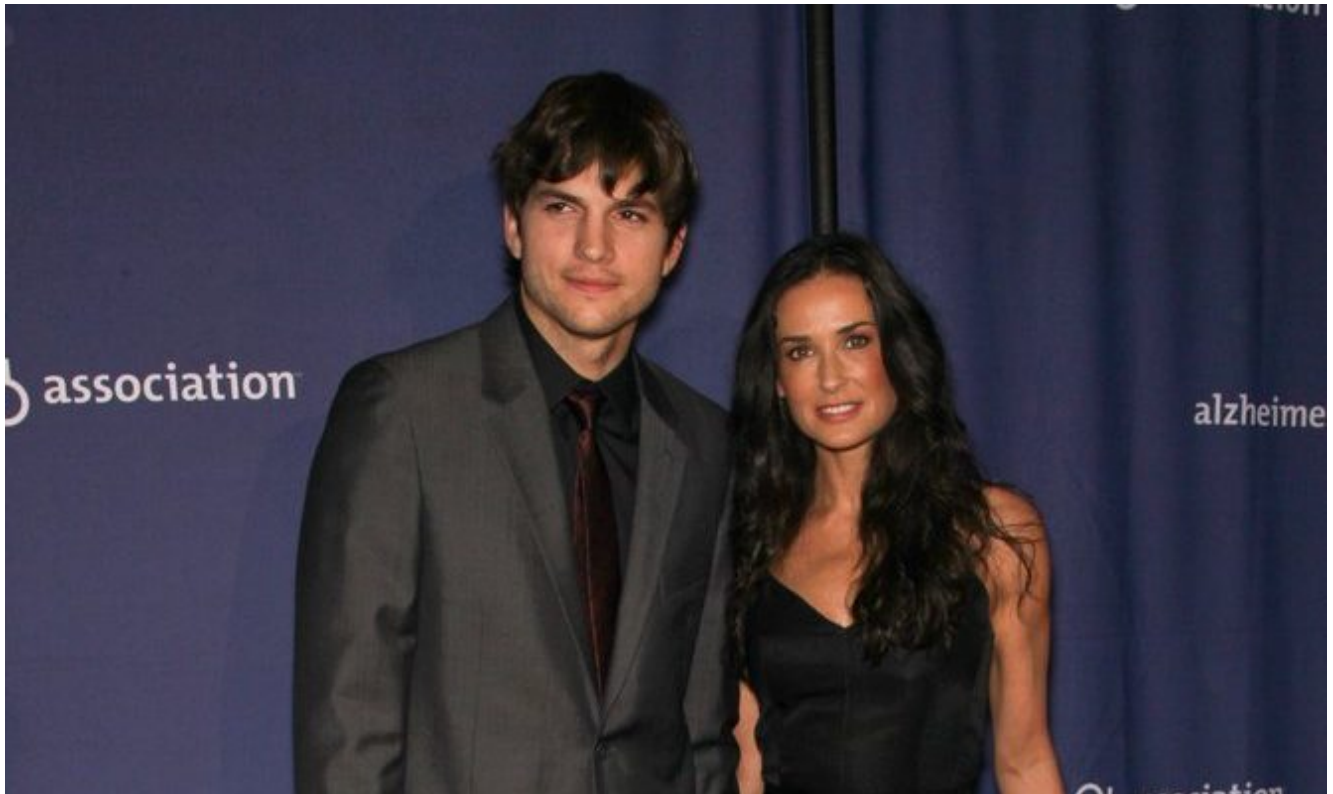
**3. Behavior changes:** If your lover is spending less time with you, and more time on the phone or they can't account for where they've been, question them. If you're immediately accused of being too suspicious, and your questions are never answered, then something is definitely wrong.

**Share with our readers if you know other signs that mean your partner is cheating.**

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## Is Ashton Kutcher Cheating on Demi Moore?





The rumors are flying that *Two and a Half Men*'s latest newcomer Ashton Kutcher has been cheating on his wife of six years, actress Demi Moore. Although the tabloid news has yet to be confirmed, some recent Twitter behavior from each half of the duo is causing some speculation, according to [People](#). The day before their wedding anniversary, Moore chose to share a quote from Greek philosopher Epictetus, which reads, "When we are offended at any man's fault, turn to yourself & study your own failings. Then you will forget your anger." While the actress chose someone else's words to voice her emotions, Kutcher took the opposite approach and decided not to post anything at all on his wedding anniversary. This may actually speak volumes, because the actor is known to be very active in showing his love for his wife via social media.

**How do you gracefully deal with infidelity rumors in a relationship?**

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

**1. Regroup:** Before acting at all, take a deep breath. You can potentially make things worse than they already are if you

react badly to something that ends up not even being true. Let the news sink in before you even speak to your significant other about it.

**2. Get the facts:** Don't go public with your emotions until you're sure you've gathered all sides to the story. Avoid taking the rumors you hear as fact and simply confront your partner about it, and then hear him or her out before acting.

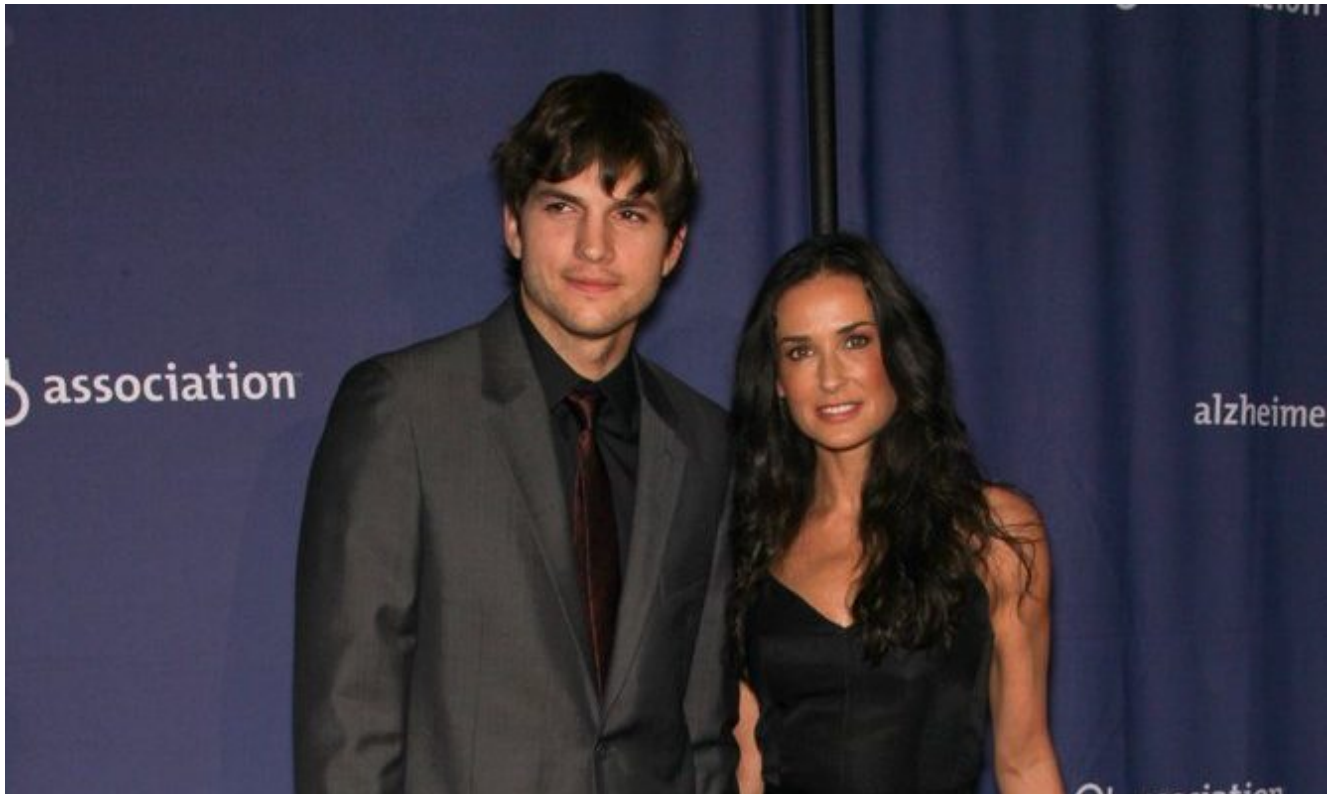
**3. Find support:** Social media is probably something you want to stay away from after you've begun dealing with cheating allegations. Instead, find someone you trust to confide in, like a family member or a friend. They may be able to point you in the right direction.

**How did you deal when you heard rumors your partner was cheating? Share your thoughts below.**

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## **Sexting: Good, Bad or the New Lipstick on Your Collar?**





By Emily Macintosh of My Life On Match

If you've read my blog, you know that I popped my sexting cherry this year. I found sexting to be flirty, scandalous and fun, but I also found it to be a bit dangerous. If I took a picture of myself and sent it, would he show it to his friends? Could it end up on the Internet? What if I go missing on a hike and that's the last picture they have of me to show on the 6 o' clock news? In this new age of technology, is sexting just another step in the dating world or is it the new way to cheat (and think you're not going to get caught)?

Several celebrities have jumped on the sexting and technology train this year, too. Couples like Ashton Kutcher and Demi Moore and Lamar Odom and Khole Kardashian have been publicly showing their love for each other over Twitter. But, sexting is different. It's meant for the two people who are involved and not the rest of the world. Unfortunately, because cell phone records are not as private as we sometimes would like to believe, some celebrities have gotten into some serious scandals in less than 30 seconds, 10 words and the press of

the “send” button.

In the last few months, several of those couples have broken up due to sexting scandals. *X Factor* judge Cheryl Cole separated from her husband, footballer Ashley Cole, after rumors surfaced about his sexting with a topless model. Tony Parker and Eva Longoria also split after Parker was caught having a “sexting affair” with one of his basketball teammate’s wives. Brett Favre also found himself in the middle of a media storm when he sent revealing photos of himself to a *Sports Illustrated* columnist!

And, no, this isn’t just an athlete thing. Let’s not forget Michelle “Bombshell” McGee ,who shared her sexts with *InTouch* Magazine as proof of her affair with Jesse James.

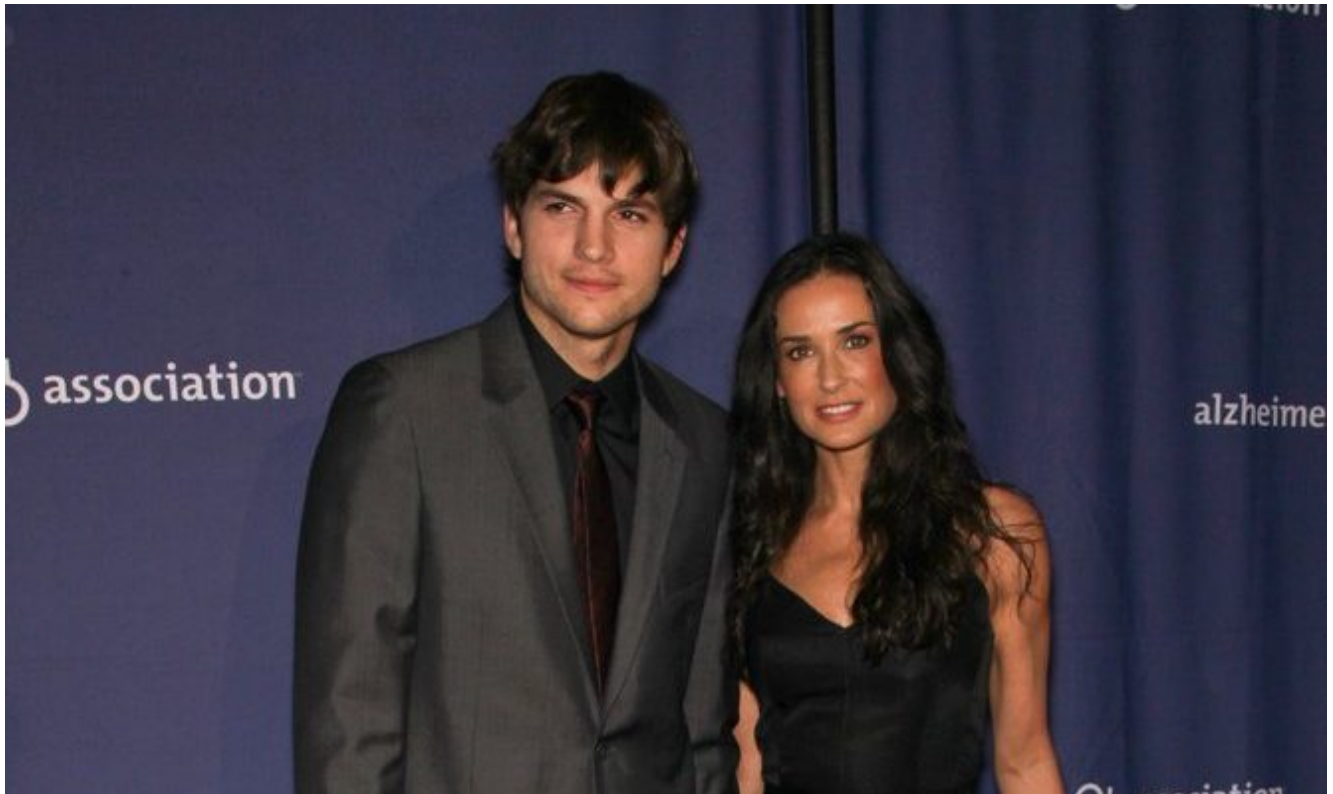
Sexting can be fun and may spice up a relationship when it gets bland, but remember, technology is our “big brother.” In one click (fwd, RT, send), your sexts could be in the wrong hands.

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## Which Celebrity Couples Will Show Up at Super Bowl XLV?







By Tanni Deb

Get ready to rumble! On Feb. 6, the Pittsburgh Steelers and Green Bay Packers will face off in Arlington, Texas to battle it out for the Super Bowl XLV title. But don't think sports junkies will be the only ones in the stands – the football extravaganza is an event many stars attend. Which celebrity couples will make it to Cowboys Stadium on Sunday?

Five-time Grammy winner Christina Aguilera will perform the National Anthem. Since the singer's recent divorce from her husband of five years, Jordan Bratman, she has been dating *Burlesque* set assistant, Matthew D. Rutler. We can count on the couple to arrive together, since their relationship is said to be getting "serious."

Another serious couple sure to attend the Super Bowl is Fergie and her husband, Josh Duhamel. Her Grammy Award-winning group, the Black Eyed Peas, will take the stage during the Half-time show. According to USMagazine.com, the couple renewed their wedding vows earlier this month. But will Duhamel be in the stands or in the fields during his wife's

performance?

Other performers include *Glee*'s Lea Michele, singing "America the Beautiful," while Keith Urban and Maroon 5 will perform during the pre-game show. Will Nicole Kidman make an appearance with daughter Faith Margaret? After all, Keith has been by her side during this year's awards season!

Other celebrity couples in the stands may include Demi Moore and Ashton Kutcher. Although Kutcher is a die-hard Chicago Bears fan, Moore has been seen rooting for the Packers at their games. Faith Hill and Tim McGraw, who is friends with former quarterback Brett Favre, are also fans of the team. And Justin Timberlake, the former 'N Sync band member who brought sexy back, loves the Packers. We're all curious to see who'll be by his side if he shows up – Jessica Biel or Olivia Munn?

Let's not forget about the Pittsburgh Steelers fans who we can count on to be there for their team: Bret Michaels, Rush Limbaugh, Jeff Goldblum, Snoop Dogg and Adam Sandler – who played a former quarterback for the Steelers in the 2005 movie, "The Longest Yard."

While the big game is obviously the main attraction, celebrities will also indulge during the many Super Bowl parties happening over the weekend. In addition to performing, the Black Eyed Peas will team up with *Sports Illustrated* to host a Super Bowl Bash. "It will be the kick-off to an amazing weekend in Dallas and we can't wait to get it started," said Fergie. While guests are sure to include some *SI* models, like Genevieve Morton and Julie Henderson, Fergie's own supermodel bod will keep Josh Duhamel in check.

Pamela Anderson will also be in town, throwing a pre-Super Bowl Party on Feb. 4, called SuperBash 2011. Past guests included Kim Kardashian, John Travolta and Carmen Electra.

And Diddy, the master of being the master of ceremonies, will

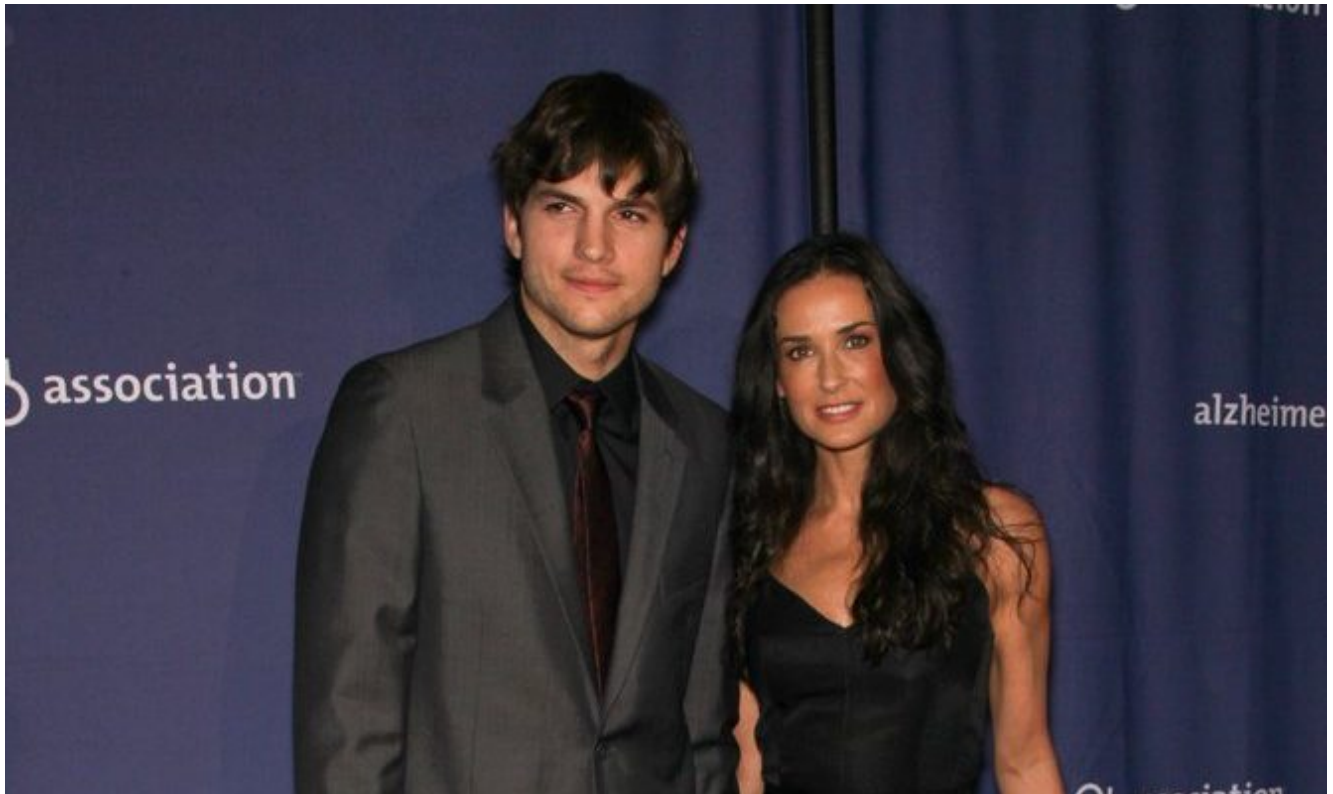
host multiple parties during game weekend. Event tickets range from \$500-\$25,000 (yes, that's correct; \$25,000!). Last year, rumors flew that Diddy was dating Nicki Minaj. Current reports say that the rapper is single, but it'd be nice to see someone at his side during his parties.

Too bad we have to wait to see who ends up at the game! Don't forget to tune into FOX on **Sunday, Feb. 6 at 6:30 PM ET** to watch Super Bowl XLV.

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## **Forbes: What Do Powerful Celebrity Women Really Want From a Relationship?**





By Krissy Dolor

*Forbes* may be a money magazine, but that doesn't mean that they don't love celebrities, too! Last week, the magazine reported on a recent study conducted by the University of Abertay Dundee in Scotland, which found that as women earn money and financial independence, their attraction to good-looking, older men increases. In addition, these women hold a man's looks to a higher standard. The university has dubbed this "The George Clooney effect."

Previous studies have found that women care more about whether or not a man can provide for them, while men were more attracted to lookers. This new study showed that when a woman's income increases, her taste in men change.

"We'd assumed that as women earn more, their partner preferences would actually become more like those of men, with a tendency towards preferring younger, more attractive partners rather than those who can provide and care for children," said lead researcher Dr. Fhionna Moore, a psychology lecturer at the University of Abertay Dundee.

“However, the preferred age difference did not change as we’d expected – more financially independent women actually preferred even older men. We think this suggests greater financial independence gives women more confidence in partner choices, and attracts them to powerful, attractive older men.”

*Forbes* analyzed 12 celebrity couples, posing this question: What is each woman in the celebrity couple attracted to? They say that Angelina Jolie, as one of the highest-earning women in Hollywood (\$20 million), wants a hot, older man. Hubby Brad Pitt is 12 years older than the starlet. Think Demi Moore’s marriage to Ashton Kutcher is part of the cougar effect? Think again. She told *Harper’s Bazaar* she does not like the term – and Kutcher’s Twitter presence seems to garner enough fame on its own. We can even look at Ellen DeGeneres, who earned \$55 million last year, and is married to Portia De Rossi – a woman 15 years her junior.

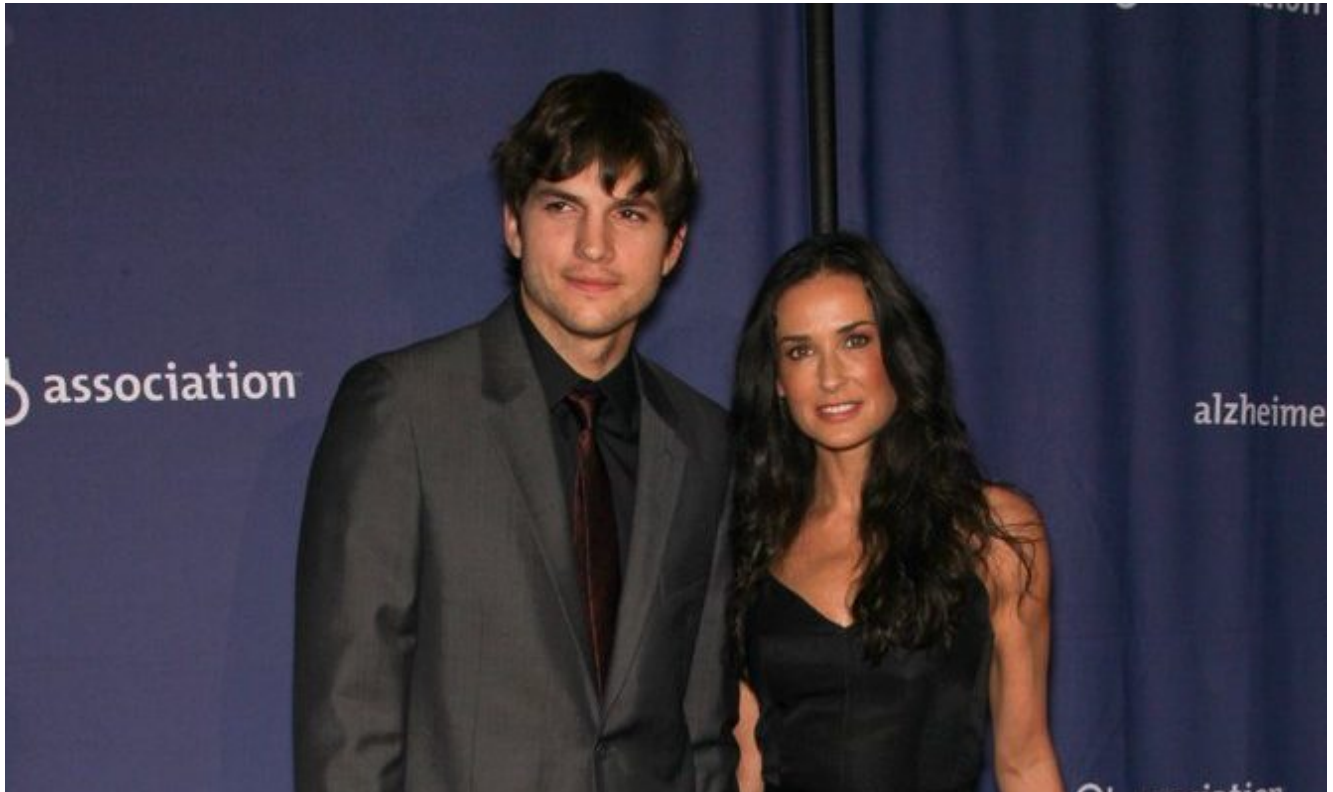
In addition to the UK study, lead researcher at dating site [eHarmony](#), Gian Gonzaga, said in the *Forbes* article that high-earning women are attracted to successful men who have established careers – and typically, these men are older. “In the data I’ve seen, women always want higher earning men,” said Gonzaga. He also said, “the Cougar thing is likely a myth.”

Well, there you have it: money only begets more money. If only there were a slew of George Clooney and Brad Pitt look-alikes up for grabs...

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## Ashton Kutcher Explains

# Twitter Flirting with Wife, Demi Moore



Ashton Kutcher is blazing the trail for a whole new way of romance in 2011, [Us Weekly](#) reports. Kutcher dishes on his tactics behind those flirty tweets about his wife of five years, Demi Moore. “In some ways, it’s no different than sending flowers to the office: You are declaring your love for everyone to see. Who doesn’t like to be publicly adored?”

But Kutcher also knows when to make the moves in person, too. “There’s no text that can replace a loving touch when someone we love is hurting.”

**What are ways to show your partner you love him?**

**Cupid’s Advice:**

Ashton Kutcher may get it just right when it comes to maintaining a perfect mixture of digital shout-outs and personal love notes. Take his lead the next time you want to stand out:

**1. Actions speak:** That old saying that “actions speak louder than words” rings true. If words aren’t your weapon of choice, a small gesture like doing the dishes before your partner gets home from work will show that you care.

**2. Give some R&R:** The days are getting shorter, and the nights are getting colder. Block out some time in the evening to cuddle on the couch with a cup of hot chocolate and your favorite holiday movie. Go above and beyond by providing popcorn and a shoulder massage.

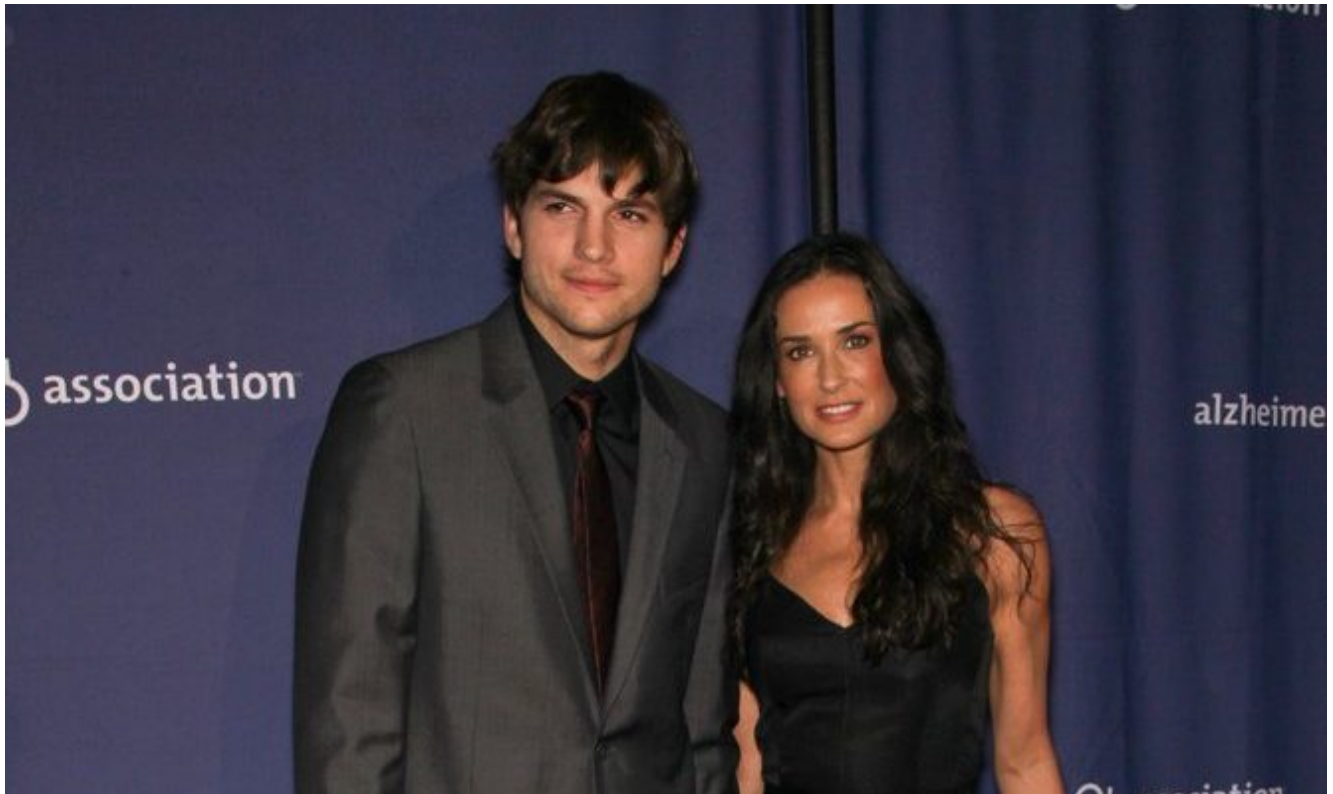
**3. Make homemade gifts:** Anyone can go out to the store and buy something, but by taking the time to crochet a scarf or putting together a gift basket of your love’s favorite homemade desserts, it really shows you care.

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## Ashton Kutcher and Demi Moore to Renew Vows?







Faithful Twitterer Ashton Kutcher has once again revealed his predicament in 140 characters or less, reports [E! Online](#). Kutcher, 32, told Twitter followers that he and wife Demi Moore, 47, are traveling to Israel to “[Share] Love & Light while in Israel.” The couple are, “Asking 4 the energy 2 forge bonds with our similarities & find compromise in our differences.” Kutcher and Moore have recently been facing rumors of Kutcher’s infidelity. The couple has been taking to Twitter to sort out rumors, posting pictures of themselves in bed together, and thank everyone for their anniversary wishes. They are expected to renew their vows while in Israel, effectively squashing all rumors.

**Why is it good to renew your vows?**

### **Cupid’s Advice:**

There are lots of reasons to renew your vows – and you don’t need to be a celeb to do it! Here are some incentives if you and your mate want to relive your vows:

**1. Children:** Your children weren’t around the last time you

got married. Making fresh commitments will allow for your entire family to take part.

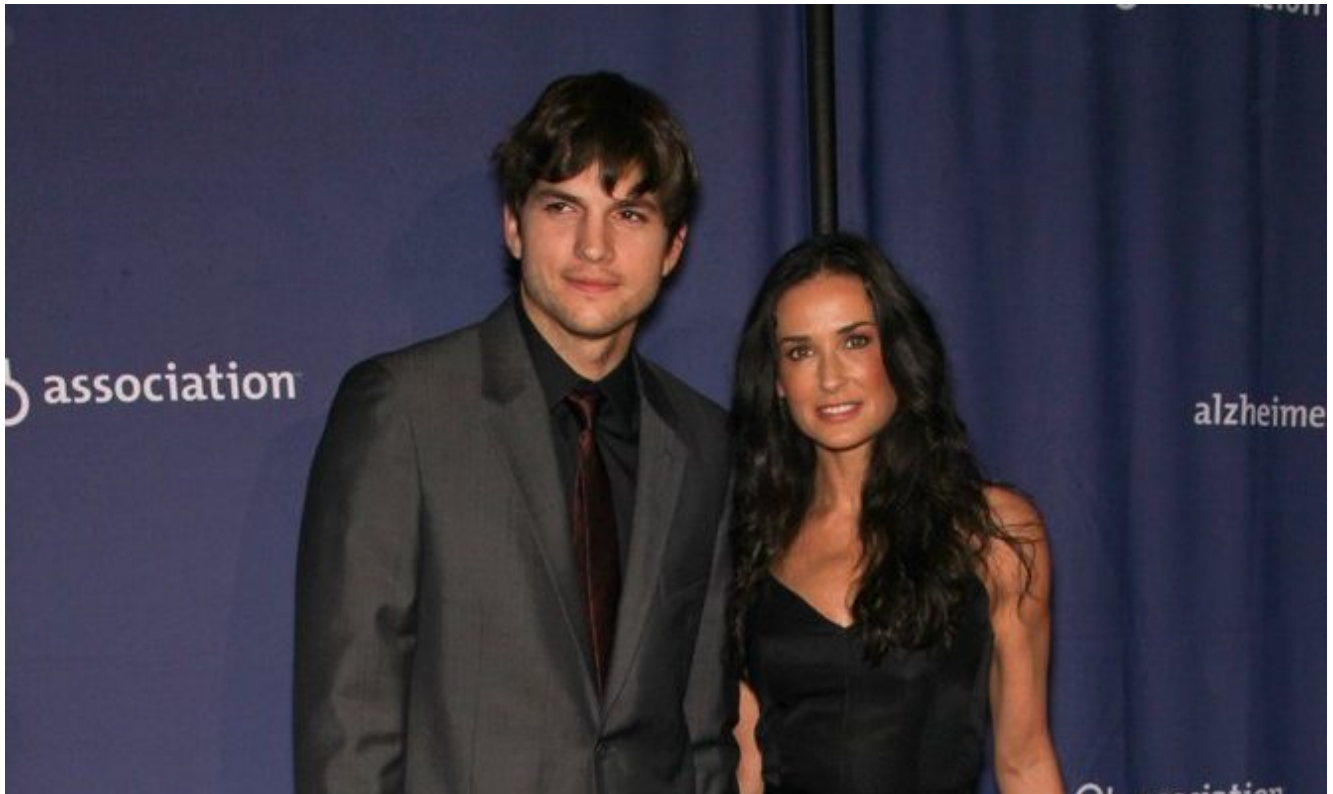
**2. Relationship troubles:** If you and your partner have been having problems in your relationship, renewing your vows may be the answer. Reassurance will make your partnership stronger.

**3. More fun:** Since you got married, you and your partner have earned more money and met more people. Think of vow renewal as a romantic excuse to throw an even bigger ceremony. Invite more people, buy an even more expensive dress and even hire a band to replace the deejay this time around!

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## Demi Moore and Ashton Kutcher Are All Smiles





The rumor mill is straining when it comes to Demi Moore & Ashton Kutcher. Although the much-talked about couple are in the midst of fighting off infidelity banter from critics and fans alike, they seem to be showing a united front, at least in public. Full of giggles, jokes and all sorts of PDA, Moore and Kutcher were all smiles on the set of Moore's new film *The Reasonable Bunch* last week, according to [People](#). "Demi and Ashton got here in the early hours of the morning, and you could hear them laughing and carrying on from inside her trailer," says a source. The pair, whose fifth anniversary is quickly approaching, are faced with claims that Kutcher cheated with a 21-year-old. But if the two are troubled at all by these serious accusations, they certainly aren't letting on.

**How can you stop cheating rumors from circulating?**

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

There's no doubt about it – rumors, especially negative ones, are tough to deal with and difficult to hear. And the age-old advice, "don't dignify a rumor with a response" doesn't always

work. Cupid has some suggestions for ways to halt rumors before they spiral out of control:

**1. Prove the rumor isn't credible:** The people who start rumors want other people to believe they're telling the truth. So, they make sure that what they're saying is plausible. To stop the news before it spreads, determine what makes the rumor credible in the first place.

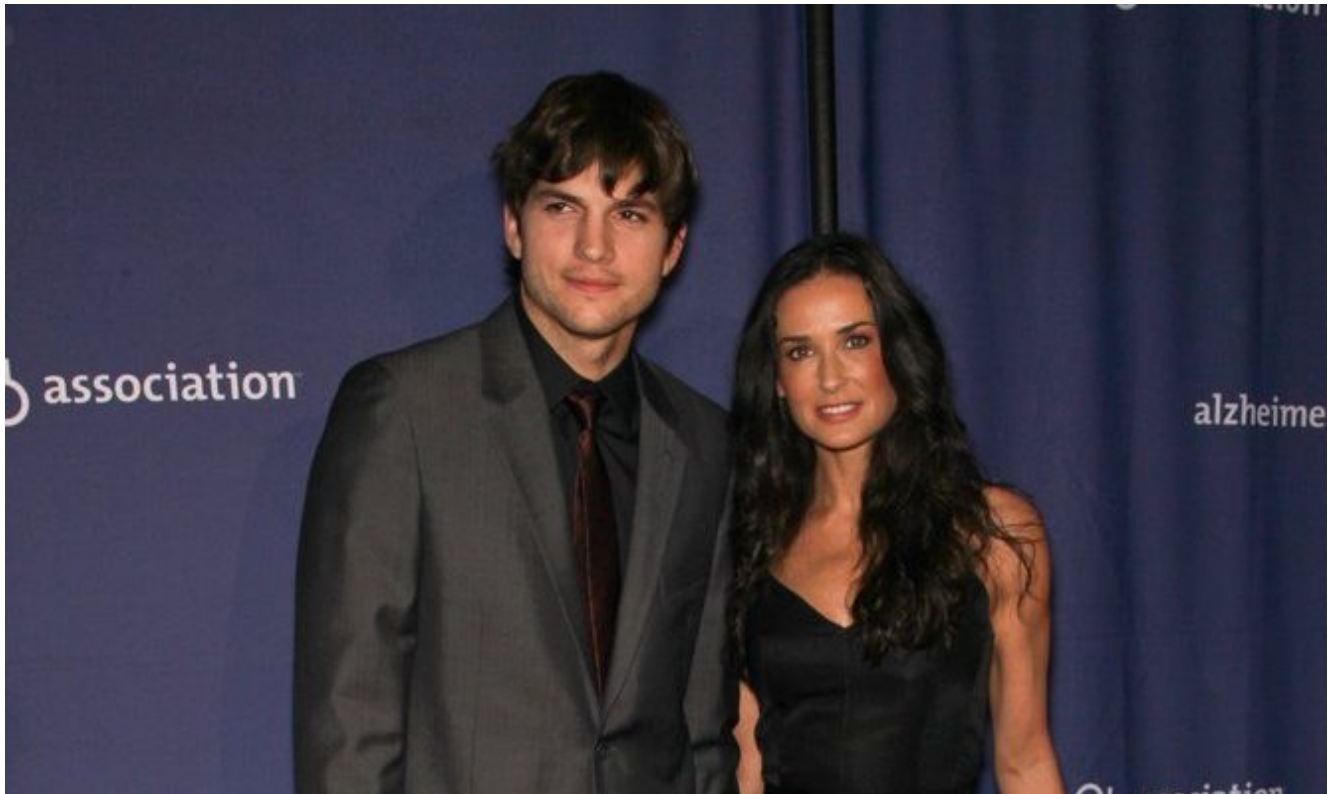
**2. Keep it simple:** One of the worst things you can do in the face of a dirty rumor is to appear defensive and angry. There's no reason to let it get that far. If you have evidence to the contrary, just say, "That can't be true, because ..." and leave it at that.

**3. Create a new truth:** The reason gossip exists is because it's fun to know things about other people that they're probably trying to keep to themselves. If you find yourself the subject of rumors, introduce a new rumor – one you can control more easily. People will stop focusing on the old news and put their attention to the new information they just got.

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## Ashton Kutcher's Lawyer Slams Cheating Rumors





When *Star Magazine* recently ran an article claiming that actor Ashton Kutcher cheated on his wife of five years, Demi Moore, things got heated. Kutcher's lawyer, Marty Singer, recently released a statement to [Us Weekly](#) saying, "*Star Magazine* continuously publishes lies about Ashton Kutcher and many other celebrities. This is not the first, nor will it be the last time they engage in reckless conduct." The article in question featured a quote from a 21-year-old, who said she "made love on his living room couch while Demi was out of town." Kutcher had faced previous accusations from *Star Magazine*. At the beginning of the month *Star* reported that Kutcher had a brief flame with a "a sexy, young, 20-something." Kutcher took to his Twitter page to protest the accusations. He tweeted, "I think Star magazine calling me a 'cheater' qualifies as defamation of character. I hope my lawyer agrees. STAR magazine – you don't get to stand behind 'freedom of the press' when you are writing fiction." **What do you do if you're faced with rumors that your partner is cheating?**

**Cupid's Advice:**

**1. Get the facts:** Most rumors are as superficial as the people who create them. However, the occasional rumor may have some merit. Don't accuse your partner of cheating, but don't completely dismiss it either. After hard thoughts and questions, if you still deem the claim completely unreliable, then simply leave it alone.

**2. Laugh it off:** Most rumors are not worth your time. Sometimes they're just a sign of jealousy from an outside person who isn't happy in their own life. If you have trust then that should be enough to hold you and your partner together. Laugh off the rumors ... sometimes they're pretty funny!

**3. Confront those responsible:** While most rumors are trivial, some of them have the potential to seriously harm your relationship and create stress. If you must stop the rumors, then try confronting the source. Most people gossip for fun, and they should stop when they see that it has truly hurt you.