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Lincoln Bell Shepard and Fatherly Love

by [Rachel Sanzone](#) — 04/08/2013 in [Articles](#), [Celebrity](#), [Life & Love](#) 0[!\[\]\(4f6bf54ae7e4144a72d78316053e412d_img.jpg\) Share on Facebook](#)[!\[\]\(3342c215b2a8b663596a81468d5dc314_img.jpg\) Share on Twitter](#)[!\[\]\(56549452e01ca28bdf2500ced9653143_img.jpg\) G+](#)[!\[\]\(1f56542a42e2413e44a2b2023033aa2e_img.jpg\)](#)

These days, it's hard to keep track of the celebrity baby boom. From Kim Kardashian's pregnancy to Romeo Beckham's modeling, celebrities and their children are all over the media. We don't hate it but every once in a while, we get a story like

Dax Shepard's and Kristen Bell's. Lincoln Bell Shepard was born on March 28, 2013 and we couldn't be happier for the proud mom and dad. But with any happiness is a little sadness. Dax's father was struggling with cancer while Kristen was in her last term (and long before). A few days before Lincoln was born, he paid homage to his father via Tumblr and the story had us reaching for the tissues.

Not only did the multimillion-dollar earning star share something extremely intimate with the world, but we felt a sense of comradarie. Dax was no longer on a celebrity pedestal. He was down-to-earth and sharing all the emotions and experiences that make him human. He shared the tense past that he had with his father and the day when the past didn't seem to matter. But cancer struck and he was faced with balancing Hollywood, his father in Detroit and a pregnant wife.

Anyone who has experienced cancer or has a family member who had or unfortunately lost someone will find this identifiable. He recounts the endless hospital visits, the road trips that would show a glimmer of hope in recovery and the dinners that are all too familiar in the oncology ward. Shepard spares no honest moment and for that we are thankful. It's a beautiful thing.

We encourage you to read the blog – with Kleenex in hand of course. Not only does he have a tongue-in-cheek way of telling the story but we love the open-diary approach. If you need a touch of laughter afterwards, read the Adrien Brody post. You'll get a good giggle.

Tags: baby Celebrity News Dax Shepard fatherly love Kristen Bell Tumblr

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Rachel Sanzone

I believe when you're pretty on the inside, you're pretty on the outside but you can't beat that perfect shade of lipstick and eyelashes as big as your dreams.

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