

Celebrity Exes: Miranda Lambert Didn't Want A Breakup Album About Blake Shelton



By [Marissa Donovan](#)

The last thing Miranda Lambert wanted to do was make her new album all about her split from [Blake Shelton](#). Although the former [celebrity couple](#) was married for four years, the country singer wanted to channel her softer side compared to the confident and bold persona she has in the music world. According to an interview with [Billboard.com](#), Lambert does share that her side of the break up is on the record, but it showcases more vulnerability than just her break-up from Shelton.

This [celebrity break-up](#) has inspired the country singer to show

a different side of herself. How can music help you after a breakup?

Cupid's Advice:

Music can be used to help the sting of a bad break-up. Here are some ways this creative outlet can help you after a breakup:

1. Try songwriting: Like any famous musician, let out your heartache by writing songs about what you're feeling. Not only will it help you express yourself, but you can also learn a new skill as well!

Related Link: [Celebrity News: Miranda Lambert's Boyfriend Anderson East 'Couldn't Be More Proud' After ACM's Wins](#)

2. Listen to your favorite songs: Go listen to your favorite records or play your Ipod for your favorite music. Try listening to your favorite sad songs first and then work your way to some happy music. This will gradually help you transition through a bad breakup.

Related Link: [Celebrity News: Gwen Stefani & Blake Shelton Joke About Her 'Makeout Playlist' on 'The Voice'](#)

3. Search for new music: The positive aspect of a breakup is that it allows you to have a fresh start. Finding new music from artist you've never heard before can help you move in a new mindset of who you want to be now that you're single!

Will you be listening to her new album in November? Let us know in the comments!