

Jennie Garth Holds Hands With New Man Noah Abrams

Not only has Jennie Garth surprised us with her hot new figure, but sources confirm to UsMagazine.com that the *Beverly Hills, 90210* actress now has a new man, too. Photographer Noah Abrams and the slimmed-down blonde were spotted with fingers laced while strolling through L.A. The twosome “isn’t looking to get into anything too serious too fast,” but a friend said that Jennie “is happier than ever,” which is good progress since the star’s 11-year marriage to actor Peter Facinelli ended back in March.

How do you know when it’s time to move on after a divorce?

Cupid’s Advice:

Everyone moves on from heartbreak in his or her own, personal way. It’s a journey that’s difficult and unique to each person, especially someone who’s coming back from a divorce:

1.You’ve had time to heal: Just because you decide you no longer want to feel pain, doesn’t mean that you’ve taken the time to actually feel better. Whether it’s therapy or you’ve seriously worked towards making yourself happy, you may find it easier to begin dating.

2.You’re not still in love: Marriages end for all sorts of reasons but it’s going to be difficult to move on if you’re not over you ex. This may be easier for those who have fell out of love with their significant other before divorce, but in any case, in order to move on it’s essential to have let go of your past lover first.

3.You want to be happy: Some take a longer time feeling sorry

for themselves than others, so once you decide that you owe it to yourself to be happy again, you know it's time to start dating, slowly of course.

When do you know it's time to move on from divorce? Share below.