

Former Celebrity Couple: Khloe Kardashian & James Harden Split



By Myesha Cobb

[Celebrity relationships](#) haven't been easy for Khloe Kardashian. The reality TV star and her basketball star beau James Harden recently split after dating since this past summer. [People.com](#) confirmed the break-up between the former [celebrity couple](#), and it seems like Kardashian can't catch a break. The two started to drift apart right around the time that Khloe's "estranged husband," former NBA player [Lamar Odom](#), was found unconscious in a Las Vegas brothel back in October 2015. Khloe said that Harden had been "very supportive

and awesome” of the situation with Lamar. Since the split between Harden and Kardashian, Khloe has signed up on OKCupid, a free online dating site.

This duo is no longer a celebrity couple! What are some ways to move forward after a hurtful break-up?

Cupid’s Advice:

In life, we go through things that hurt us, and we need different outlets to release our pain and heal our minds, bodies, and spirits. Try doing something that you find fun or relaxing to get over those post break-up woes! Here are some awesome post split suggestions to get you going:

1. Working out: Going to the gym or running will get the body going and allows it to release all that negative energy that’s inside of you. Nothing says, “Get over it and get moving” like going out for a morning run!

Related Link: [Former Celebrity Couple: Kourtney Kardashian Opens Up About Anxiety Post-Split from Scott Disick](#)

2. Pick up a good book: Reading is one way to help heal the soul, especially if it’s a book that’s based on getting over a break-up and moving on. A good post break up book will never do you wrong!

Related Link: [Dr. Paul Coleman Talks About Love and Loss in ‘Finding Peace When Your Heart Is in Pieces’](#)

3. Get a journal: Documenting everything that you are feeling and venting it all by writing it down is another great way to move forward after a hurtful breakup. It’s private, simple, and is a great way for you to get past all of the possible pain that you are feeling.

**What are some ways that you got through a hurtful breakup?
Share your love advice in the comments below!**