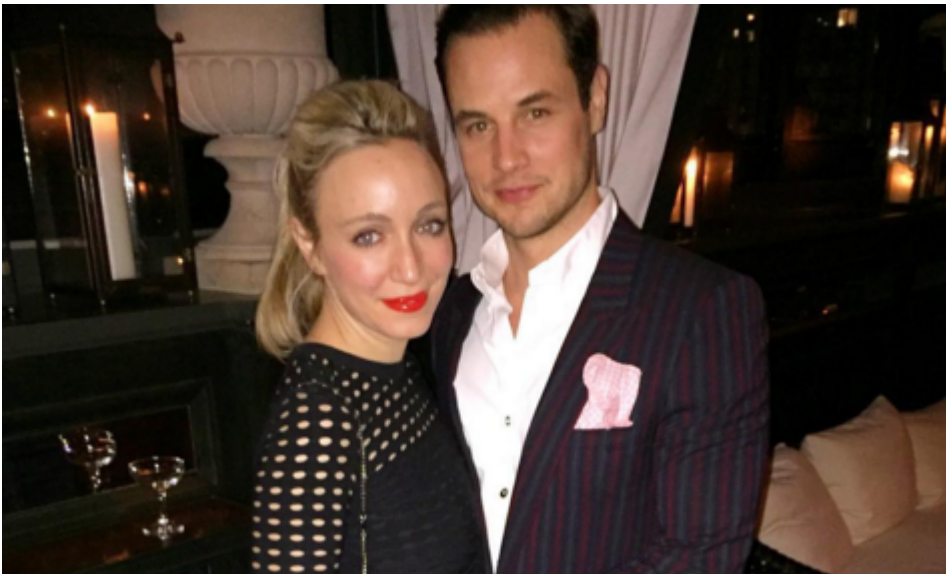


Celebrity Divorce: Dean Sheremet & Sarah Silver Split After 5 Years of Marriage



By [Cortney Moore](#)

In sad [celebrity news](#), chef and cookbook author Dean Sheremet is experiencing another [celebrity divorce](#) with second wife Sarah Silver after a five-year [celebrity relationship](#). Sheremet, who was once married to country signer LeAnn Rimes, married Silver in 2011. Sheremet confirmed he and Silver were no longer a [celebrity couple](#) with [UsMagazine.com](#), saying he has “nothing but love and respect for Sarah.” In an ironic twist, Rimes, who left Sheremet in 2009 for *Northern Lights* co-star Eddie Cibrian, celebrated her five year wedding anniversary on Friday, April 22.

Mark another celebrity divorce down

in the books. What are some ways to look positively upon a divorce?

Cupid's Advice:

Breaking up is never easy, and splitting after marriage is especially difficult. Though this may be a heart wrenching time, sometimes a divorce is the best option. Cupid is here to help you look more positively at your divorce:

1. Closure: Whether your marriage ended on good or bad terms, you have to face that it is over. Closing that door to your life is the best way to move on. Accepting that you and your partner are no longer a good fit will allow you to engage in healthy relationships in the future.

Related Link: [Celebrity Couple Brad Pitt and Angelina Jolie Are Filming a New Movie Together](#)

2. Free time: After a divorce, you're finally able to enjoy some free time again. Engage in your favorite hobbies and try out new things. This is your time to be selfish. Enjoy it!

Related Link: [Dating Advice: Balancing Your Career & Relationships and Love](#)

3. Start anew: Depending on how long you were married, your feelings on dating may have changed. Though it may be scary, you're finally able to put yourself out there again. You can start fresh with someone new and might even end up happier than you were before. The honeymoon phase of any relationship is always an exciting experience.

How have you or the people you know dealt with a divorce? Tell us your stories below.