

# Celebrity Breakovers: Kardashian Breakups That Have Broken Necks & Other Helpful Relationship Advice



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Hana Gilbert

As healthier lifestyles have become a steady trend across the nation, the next generation grows more comfortable bringing health and fitness into their relationships. The latest craze that is catching fire is the breakover. What on earth is a breakover you may ask? Well, a breakover, otherwise known as the “revenge body,” is a complete reinvention of oneself. By changing one’s image through the transformation of mind and body as they shed both the pounds and people holding them back. If there was an award ceremony for Hollywood breakovers, spots one, two, and three belong to, yep, you guessed it, Khloe, Kourtney, and Kim Kardashian. Not only did their breakovers that focus on being fit, but also on staying fabulous, and falling back in love. In other words, the Kardashian sisters turned their breakups into breakovers and started breaking necks. Here’s some [relationship advice](#) that can help you achieve your own breakover.

## Relationship Advice That Will Encourage You To Turn Breakups into Breakovers!

Be Fit Like Khloe: [Khloe Kardashian’s](#) breakover is probably

the most significant of all time. Since her split from husband Lamar Odom in 2013, she has shed 35-pounds and transformed herself from “the fat, chubby, unhealthy sister of Kourtney and Kim,” to a gym enthusiast with a commitment to healthy living. Her breakover focused on finding self-love and independence after a devastating divorce, and she managed to break the bank as it inspired both her own book *Strong Looks Better Naked* and her own TV series, *Revenge Body*. Getting a “revenge body” after a breakup is one of the best ways to move on. Yes, you have the ability to show your ex what he or she is missing. More importantly, however, you gain the confidence you need to get through one of the most humiliating, insecure times in your life. Exercise has the ability to transform from the inside out. A breakover that focuses on fitness and healthy living not only improves how others view you, but how you view yourself. Trimming the fat includes both the extra relationship weight and the negative attitudes, vibes, and opinions surrounding the breakup. Breakups can leave you with a lot of free time. Instead of wallowing in self-pity and a pint of ice cream, do yourself a favor and sweat out your negative energy, thoughts and feelings. Your future self and significant other will thank you for it.

*“Fitness is not about being better than someone else... It’s about being better than you used to be. I’m not where I want to be, and who knows if i ever will be.” – Khloe Kardashian*

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**Be Fab Like Kourtney:** Back in 2015, [Kourtney Kardashian](#) called it quits with long time love Scott Disick. After nine years and three children, Kourtney decided it was best if the couple spent some time apart. As Scott continued to spiral, Kourtney continued to squat, making her, hands-down MILF of the year. Although Kourtney flaunted her post-baby abs and cellulite-less tush, she gained most of her recognition from her Kylie-

like fashion statements. The eldest of the three sisters had no shame in her game as she flaunted her revenge body in stylish crop tops, daisy dukes, and bodycons while rocking bold lips and eyes. How you dress after a breakup speaks volumes about how you're handling the split. It is important to critique your style so that, although you're an emotional mess on the inside, you project a classy lady who hasn't lost her grace and dignity. Just like Kourtney, don't be afraid to step outside your comfort zone and wear something you feel sexy in. Heels are also a breakover essential. Heels transform the way you look, from your legs up to your shoulders. You'll be amazed at the level of confidence a few inches adds. Transform your normal makeup routine with sparks of glamour. Don't be afraid to test a new lip color, or a sultry smokey eye. The glam additions will only further your confidence, helping you to love the new you in your new single life. The strong, confident face you see in the mirror now is the perspective you need to move on in the future.

*Khloe – “Who calls you Queen?”*

*Kourtney – “Every single person on Twitter, Instagram, and anyone that meets me.”*

**Related Link:** [Celebrity News: Kourtney Kardashian & Justin Bieber Hang at Club After Fling](#)

**Be Fallen Over in Love Like Kim:** Although Kourtney and Khloe used physical attributes to motivate their breakovers, [Kim Kardashian's](#) breakover focused more on an emotional makeover. After her disastrous, 72-day marriage to Kris Humphries ended, Kim, just like the rest of us, was left heartbroken and humiliated. Opinions swirled regarding the two, adding to the emotional turmoil of the split. We all are aware of the drama that followed the split, and later Kanye's proposal of the century, so I'll just skip right to the most important part of Kim's breakover: Time... Time to heal, and time spent alone. Breakups, separations, and divorces are all nasty and affect

all parties involved. All incur lingering heartache, while some experience a degree of guilt, issues and questions. None of which can be fixed or answered immediately. Yes, rebound hookups and dates make you feel uplifted in the moment, however those feelings are only temporary and don't resolve long term sorrow. A breakover that focuses on regaining independence, finding self-love, and taking the time to grow a friendship with your prospective partner is more important than jumping back in the saddle with the bartender at Chili's. Instead, try a slow burn relationship like Kim and Kanye to see your relationship from a different perspective. You meet, hangout, build a friendship, experience things separately, and then realize this person is actually your lifelong partner. Give yourself enough time to heal from your previous relationships, and realize that you can stand on your own two feet. Get to know the friends you already have; you never know when one might just be "the one." The honeymoon stage will wear off, but the passion from knowing your best friend on a deeper level never will.

*"I used to think, well, can you really have it all? The truth, the excitement, and the passion? Now I know you can."  
– Kim Kardashian*

*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Broker and founders of Project Soulmate, a high-end New York-based matchmaking company.*