

Celebrity Divorce: 'Vanderpump Rules' Star LaLa Kent's Married Boyfriend Is Officially Divorced



y [Jessica Gomez](#) B

In [celebrity news](#), LaLa Kent's boyfriend Randall Emmett is no longer married to Ambyr Childers, his wife of eight years. The divorce was finalized on December 22, according to [EOnline.com](#). The former [celebrity couple](#) tied the knot in 2009, then separated a couple of years ago, finally filing for divorce earlier this year. The former couple has two daughters together. As for Kent and Emmett, it looks like they intended on keeping their relationship on the down-low until the

divorce was final – but sometimes in life, we don't always get what we intend.

This celebrity divorce is probably coming at a good time, given that Lala would more than likely want an unmarried boyfriend. What are some ways to recover after a bitter divorce?

Cupid's Advice:

Most divorces aren't pretty. Although our emotions can be running wild at a time of bitterness, we must try not to become bitter ourselves. Cupid has some tips:

1. Learn from the experience: Learn the lesson. Many times, it's hard to stay rational during a very emotional time, but we must try our very best. There is no point in dwelling on the past because we cannot change it. However, looking back in order to learn and move on is a different story – that you should do! It's easier said than done, but time does heal and you need to give it a little push as well.

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2. Invest in yourself: It's time to be selfish. It's time to be about you. Do what you have to, and do what you want to. Learn something, pamper yourself, do the things you enjoy! It's all about what's best for you. Enrich yourself, grow into an even better person. Strive toward becoming the best version of yourself.

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3. Look forward to a bright future: Be positive and know that there will be better days. Positive thinking really does go a long way. Think about what you have accomplished so far and be proud. Then think about what you want to accomplish – the thought of your dreams should get you excited and going!

What are some ways you moved on from a hard divorce? Share with us, comment below!