

A New Boyfriend for Alexa Ray Joel



Singer Alexa Ray Joel (daughter of Billy Joel), who was hospitalized last December due to anxiety over a breakup, is now dating 24-year-old singer/songwriter Cass Dillon, [People](#) reported earlier this week. The couple met when Dillon was hired to play guitar on Joel's upcoming album. Joel says she's not a fan of the dating scene. "Dating can be awkward," she told *People* in April. "I prefer to meet someone through work or socially."

How can you move on from a broken heart?

Cupid's Advice:

Everyone knows how hard it is to get over a breakup. Props to Joel for moving on! Here are some of Cupid's tips to help you cope:

- 1. Acceptance:** The relationship is over. If you intend on getting back together with your ex, you'll never mend that broken heart.
- 2. Don't wallow in guilt:** Stop blaming yourself for the failure of the relationship, and realize your partner played a hand as well. Letting go of unnecessary guilt will help you let go of the needless grief that goes along with it.
- 3. Know that it'll get better:** Just because your previous relationship didn't work out doesn't mean you should give up on love completely. Learn to trust again, learn to love again, and naturally, you will learn to live again!