

Celebrity News: Meghan Markle's Ex-Husband Gets Engaged 2 Weeks After Royal Wedding



By

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In [celebrity news](#), looks like Meghan Markle's ex, Trevor Engelson, has announced that he is getting married. According to *People.com*, Engelson, 41, popped the question to his girlfriend, Tracy Kurland, two weeks after the royal wedding of his ex. Engelson and Markle were married for two years before their [celebrity divorce](#). Apparently, the ex [celebrity couple](#) agreed to sacrifice being together so Markle could continue her role on *Suits*. Unfortunately for Engelson, this major sacrifice cost them their celebrity relationship. On the brighter side, Engelson and Kurland can have their own special

day. On an Instagram post, Engelson posted a picture of the diamond ring he gave Kurland. He captioned it, "Luckiest guy I know. Get ready to party."

In celebrity news, Meghan Markle's ex isn't about to be overdone! What are some ways to show the world you're over your ex?

Cupid's Advice:

Sometimes people say they are over their ex when they religiously still check their social media or drive past their ex's house. Whether you miss your former partner or not, Cupid has some advice on some ways to show the world you're over your ex:

1. No pettiness: This is probably the hardest one. While you may or may not be over your ex, either way, the worst thing you can do is be petty and do something out of spite. Cupid believes in karma and that whatever you do can very well come back to bite you in the butt. No matter what kind of emotional pain you are in, it won't be worth going out of your way to do something means-spirited. You can't show the world that you still care. Just remember, they don't say karma is always nice.

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2. Go out: Enjoy yourself! Don't worry about jumping into the next relationship or taking the next step because you see an ex doing it. Everything will work out for you; don't worry. Enjoy your "me time" and have fun. Laugh and live more with the people who love you. If your ex is lurking, they will definitely see your glow and feel some type of way. Your smile will be your biggest act of revenge.

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3. Love yourself: This is a very important, especially if you are still having a rough time. Splits are never easy and it will get better with time. Until then, you can put all that love you have into yourself. Treat yourself to a spa day, or go hang out with friends. You only need positive vibes around you at this time. Once you are around loved ones, you will feel so much better and you can help use that love to guide you back to loving yourself and begin to heal. Loving yourself is allowing to not only love yourself, but to embrace the love of others.

What are some ways you show the world you are over an ex? Share below.