

Celebrity Exes: Dennis Quaid Says Relationship With Meg Ryan Was His 'Most Successful'



By Jessica DeRubbo

Dennis Quaid has a lot of fond memories about his 10-year celebrity marriage to celebrity ex Meg Ryan, according to *UsMagazine.com*. Quaid opened up about his past marriage to the *You've Got Mail* actress in a recent interview. "[It was] my most successful relationship," Quaid, 64, said on *Megyn Kelly Today* on Monday, July 23. "When we met, you know, I was the big deal. And then my career [came to a halt]. ... We'd go out on the streets of New York and it would be like, 'Meg!

Meg!’ And I have to admit it, I actually did feel like I disappeared. I didn’t think I was that small, but I was. It was a growth opportunity. I learned from that.” Quaid and Ryan fell in love on the set of their movie *D.O.A.* and wed in 1991. They welcomed a son named Jack, now 26, the following year, and then divorced in 2001.

These celebrity exes aren’t on bad terms; in fact, Quaid thinks of his relationship with Meg Ryan fondly. What are some benefits of focusing on the positive when it comes to your ex?

Cupid’s Advice:

There’s really no point in holding grudges, even when it comes to your exes. Cupid has some advice on why staying positive about your ex is the best thing:

1. It cuts down on stress: Thinking and feeling negatively about someone can take its toll on you mentally. Simply put, it can stress you out! Positivity always trumps negativity when it comes to keeping peace of mind.

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2. Good karma: Whether you believe in karma or not, it can’t hurt to put positivity out into the world. If you stay positive about your ex, he or she may do the same in return.

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3. Keep bridges intact: It's never a good idea to burn a bridge that may help you out later in life. Keep as many connections that you make intact along the way in life so as to have a bigger network to pull from when you really need something.

What are some other positives to staying on good terms with your ex? Share your thoughts below.