

Celebrity Break-Up: Lena Dunham Talks Rebound Romances Post-Split from Jack Antonoff



By [Mara Miller](#)

In the latest [celebrity break-up](#) news, Lena Dunham opened up about her rebound romances post-split from Jack Antonoff, according to *UsMagazine.com*. Dunham recently wrote an article for *Vogue*, where she dropped the details of Jeremy (whose name has been changed), a guy who slipped into her DMs after she posted a picture of herself in plus-size panties. Dunham wrote this about meeting Jeremy: “I had missed all of this: the anxiety of constructing a new identity worth wanting, the jittery caffeine-high moments before the first kiss and an introduction to someone’s second personality, the one they have when lust is released.”

In celebrity break-up news, Lena Dunham opened up about her rebound romances after her recent split. What are some benefits to rebound flings?

Cupid’s Advice:

A rebound relationship can actually be beneficial after you’ve gone through a tough breakup. Cupid has a list of some these benefits:

- 1. It helps your confidence:** If you’re the dumpee and you’re

feeling hopeless, go on a few dates. You're an awesome person—and a rebound can help you realize it, too.

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2. It's dating without a commitment: It's a *fling*. The sex without commitment can be a self-confidence booster. You can date and have fun without commitment. And if a fling turns into something more? Awesome!

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3. They keep you from going back to your ex: Breakups happen for a reason. Rebounding will keep you from thinking and wanting your ex back, especially if they have done something that isn't forgivable.

What are some of the benefits you've found to a fling after a breakup? Let us know in the comments below!