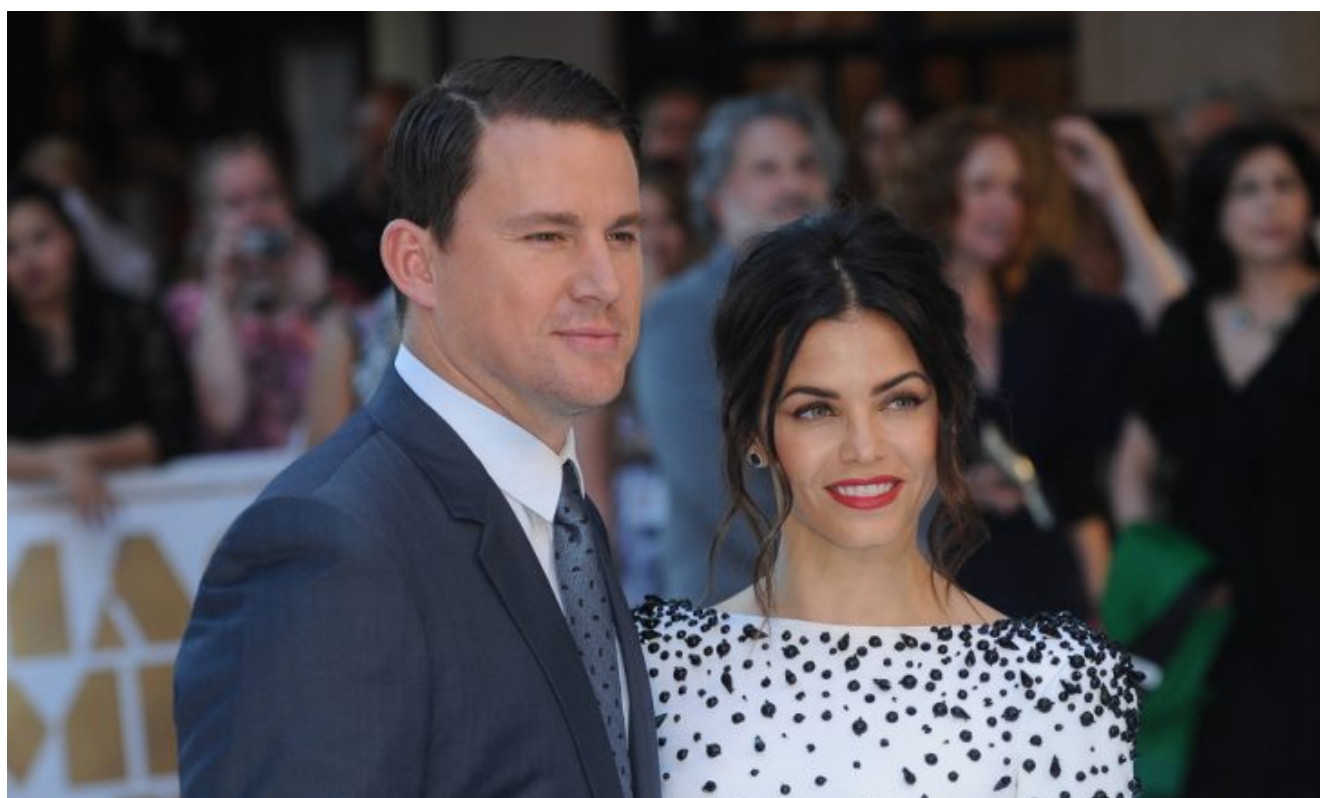


Celebrity News: Jenna Dewan Opens Up About Love, Divorce and Healing in New Book



By [Meghan Khameraj](#)

In [celebrity news](#), Jenna Dewan opens up about her life and journey in her new book titled *Gracefully You*. The actress released her a joint statement with her ex-husband, [Channing Tatum](#) in April 2018 in which they announced their [celebrity divorce](#). According to *UsMagazine.com*, the [celebrity couple](#) ended their nearly ten-year relationship on positive terms and work together to raise their six-year-old daughter, Everly. Since then, Tatum has been in a relationship with singer Jessie J, and Dewan is expecting a child with new boyfriend, Steve Kazee. In her book, Dewan shared what got her through

her divorce with Tatum, stating “acknowledge your emotions and do the work. Meet with a therapist, look into breathwork, meditate, take walks in nature, and have wine with your friends.”

In celebrity news, Jenna Dewan turned to writing to help heal her broken heart. What are some other healthy avenues for coping with lost love?

Cupid's Advice:

Jenna Dewan shared her [relationship advice](#) on how to deal with and heal from a devastating break-up. She was able to move on and find peace and love again. Cupid has some advice to help you find yourself again after a difficult break-up:

1. Therapy: If you're feeling an overwhelming amount of emotion, a therapist can help you cope with them in a healthy way. Speaking to a therapist will allow you to discover how to handle intense emotions while also guiding you through this rough time so you don't have to go through it alone.

Related Link: [Celebrity Baby News: Blake Lively & Ryan Reynolds Reveal Sex of Third Baby](#)

2. Dive into a new hobby: After a break-up, you're going to have more free time. Avoid spending that time reminiscing of your past love and use it to foster a new hobby. Choose a fun activity that you've always wanted to try and before you know it you'll forget about your ex and have a new talent.

Related Link: [Celebrity Couple News: Jenni 'JWoww' Farley & Zack Carpinello Are Back Together After Split](#)

3. Spend time with your friends: Spending time with your friends is probably the best way to get over a lost love. Surround yourself with people who will support you when you're crying and help you find yourself again after a break-up.

How do you get over a lost love? Let us know in the comments below!