

# Hugh Hefner Picks A New 'Best Girl'



If Hugh Hefner is still hurting from his breakup with fiancée Crystal Harris, he sure isn't showing it. [People](#) reports that a week after the split, the 85-year-old *Playboy* founder has already moved onto a new bunny: Anna Sophia Berglund. Hefner tweeted, "With Crystal gone, Anna is my best girl... Anna is really one in a million." When asked if the new couple is official, Hefner's ex, Crystal Harris, tweeted, "Nope! She's just over there regulating, making sure Hef ends up w a good girl."

**How do you know it's too soon to move on from your ex?**

## **Cupid's Advice:**

After you break up, jumping back into the dating pool right away may be a bad idea. Cupid has some tips on when is too

soon to start seeing someone new:

**1. Replacing your ex:** If you're seeing someone who reminds you a lot of your ex, you're probably just looking for a replacement. Wait a little longer to start dating again.

**2. Trying to get over it:** Right after breaking up, you're probably hurting and want some kind of comfort. If you look for a new flame during that time, you're moving on too soon.

**3. Waiting a week:** While everyone needs a different amount of time to get over a breakup, a week is too soon. For example, Hugh Hefner is probably still reeling from his week-old split.

**How long would you wait after a breakup to move on and start dating again? Share your comments below.**