

How Marc Anthony Handled His Split With Jennifer Lopez



Though Marc Anthony was all similes, kisses, and jokes during a recent performance in Bogotá, Colombia, sources close to the performer say that he has been incredibly aloof after splitting from his wife of seven years, Jennifer Lopez. As Spanish TV presenter, Eva Rey, told [People](#), "I saw him when he was passing through the stage, but I think because he split up the day before, he didn't allow anyone to talk to him or anyone to come to his dressing room." Rey was planning on introducing Anthony at a pre-show party, but the heartbroken singer never showed. Lately, Anthony has been spending a significant amount of time alone. He's been distant, spending much time in his hotel room ordering room service. In spite of the fact that Anthony has been withdrawn in his personal life, like a true performer, he was as confident and charismatic as ever on stage.

Is alone time important after a split?

Cupid's Advice:

Though breakups are sad, it's always good to think about them as an opportunity to rediscover yourself. If alone time is what you need, don't be afraid to embrace it. Here are some great ideas on how to spend your alone time post breakup:

1. Meditation and massage: These are two very liberating and therapeutic options for the heartbroken.

2. Catch up on your favorite TV shows: After all of those late nights you spent out with your partner, you probably missed your share of valuable TV time. Now is your chance to catch up.

3. Get away for a while: Who says you can't go on vacation alone? Get away to some place quiet and scenic.

How did you spend alone time post-breakup? Share your experiences below.