

Are Jennifer Aniston & John Mayer Back On?



Celebrity tabloids have been reporting a possible romantic rekindling between Jennifer Aniston and John Mayer this week, according to [E! Online](#). Sources say they saw Aniston in the wings watching Mayer's most recent concert. Although reps for the actress deny she attended the concert, the rumors persist!

What do you do when you can't let go of an ex?

Cupid's Advice:

Breakups are difficult, and sometimes it's hard to let go. Cupid has some suggestions about how to move on:

1. Realize this has to happen: Whether you understand the reasons behind your breakup or not, you need to move on. There's no sense in staying attached for longer than necessary.

2. Don't be desperate: If your ex tries to contact you, don't drop everything to make yourself available. If things aren't meant to be, this will only delay the pain.

3. Have self-confidence: It's important to work on your self-esteem after a rough break-up. By no means should you feel completely responsible for the split. "What ifs" do nothing but bring you down further.