

# 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.