

# Emily Maynard Is Spotted Rebounding with Nascar Driver Jason White



✖ By Nicole Weintraub

*Bachelorette's* Emily Maynard has moved on from her former fiancé Jef Holm with Nascar racer Jason White, according to [UsMagazine.com](http://UsMagazine.com). The single mom has denied her rebound with White, though recent photos have been revealed showing Maynard and White getting cozy. The pair went to a Carrie Underwood concert and then they ventured to a club together. "They were all over each other," said an observer who noticed the two. Maynard has a six-year-old daughter with Ricky Hendrick who was also a Nascar racer, so this is not Maynard's first racing beau. She was also, back in 2006, with Dale Earnhardt Jr.

**How do you know if someone you meet right after a relationship ended is a rebound?**

## **Cupid's Advice:**

It can be very enticing to start dating right after a relationship ends – especially if you miss being in a relationship period. Here are some ways to know if you are rebounding:

**1. Slow it down:** There is no need to jump into another relationship after just getting out of one. Take your time before deciding to get involved with another person. You need to get over your past relationship before starting a new one.

**2. Get to know each other:** When you're rebounding, you want to jump into what you know. Though, before you decide whether or not you truly have feelings for someone, get to know them. Go out as friends for a few times first.

**3. Be careful:** No one wants to admit when they're rebounding with someone. Just make sure to be honest with yourself. You want to be fair to both your new love interest and yourself.

**What are some signs when someone is rebounding? Share your thoughts with us in the comments below!**