

Jennie Garth Steps Out With a New Man



By Michelle Danzig

After ending her 11-year marriage with *Twilight* actor Peter Facinelli, Jennie Garth seems to have found a new man. According to [People](#), the former *Beverly Hills, 90210* star—who most recently shed 30 pounds—has been dating musician Jeremy Salken, 31, since October. Garth and the Big Gigantic drummer looked cozy in pictures posted on New Year’s Eve via Instagram. After suffering several breakups since her split from Facinelli, Garth, 40, is happy to have found someone with positive energy. Her ex has been recently dating *Loosies* actress Jaimie Alexander. Although Garth says that her and Peter are happy, she recently said that she yearns for a

time when the split won't sting.

How do you know when it's time to move on after a divorce?

Cupid's Advice:

Even if it is a clean, mutual split, no divorce is easy. Not only is the process difficult and stressful, the recovery period can be even harder. After experiencing this major life change, it may be difficult to even think about starting to dating. Maybe you haven't dated in years and the whole online dating thing sparks your nerves. Maybe the divorce was messy and you just aren't emotionally ready for someone else. Whatever the case, there are plenty of ways to determine if you are ready to move on:

1. You don't think about your ex anymore: You may find over time that you move from thinking about your ex every hour, to every day, to every week. Slowly, you discover that negative thoughts surrounding your ex and your divorce no longer consume your thoughts. This is a major sign that your heart and mind are opening up to the idea of meeting someone new.

2. You have an excellent sense of self: A marriage or long-term relationship can cause both partners to lose sight of who they are as an individual. After spending so much time as a couple, it may take some time to figure out who you are again. If you have established a happy and successful single life after a divorce, and you truly believe you are content with who you are as an individual, you are ready to open up to new people. Who knows, after discovering who you truly are, like Jennie Garth, you may find that you want someone or something completely different.

3. You have the time: It may be hard to recall, but dating is extremely time and mind-consuming. It is extremely rare to find someone after going on one date, so anticipate needing some time to devote to the process. Although online dating is

extremely convenient, creating a profile and sorting through multiple matches can be time-consuming. Who you begin a relationship with and incorporate into your life is an important thing, make sure you take the time to do it right.

**How did you know you were ready to move on after your divorce?
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