

Taylor Swift: New Song Slamming John Mayer?

With Taylor Swift's upcoming album dropping next week, speculation has begun circulating around one of the tracks, entitled "Dear John." Does it reflect Swift's once-rumored relationship with crooner John Mayer? [Us Magazine](#) reports that Swift, 20, and Mayer, 13 years her senior, were romantically linked last year when the country crooner collaborated with Mayer on the song "Half of my Heart" for his album, *Battle Studies*. Although Swift refuses to confirm the song is about Mayer, with lyrics like, "You'll add my name to your long list of traitors, Who don't understand, And I'll look back in regret, I ignored what they said, 'Run as fast as you can," one can only assume all signs point to the soulful singer and serial dater.

What are some appropriate ways to deal with anger after a breakup?

Cupid's Advice:

It's normal to be angry after a breakup. While it may be fun to sit with your girlfriends and plot revenge on the one who broke your heart, think twice before you pull a Carrie Underwood in her "Before He Cheats" days:

1. All talk and no action: This may be the one time you should run your mouth with no intention of following through. Take a cue from Taylor Swift and write it out. Her lyrics are her personal way of getting through an emotional time without doing anything outrageous and harmful. The individual in question may end up being a bit embarrassed, but doesn't he deserve that anyway?

2. Gather your girls: Release your anger in a positive way. Grab some friends and go out dancing. Part of the friend code means that you'll automatically have someone to lean on. Feel free to vent as you dance out your post-breakup frustrations. Don't worry – your roles will eventually reverse, and your friend will need you for comfort and take-out pizza.

3. Work it out: Find a gym that offers a kickboxing class, and let loose! Fill your iPod up with your favorite songs and run your anger right out of your system. Exercise is a great way to filter your emotions and burn off those pizza night calories. Your ex will be sorry once he sees your hot bod, and the look on his face will be the perfect revenge!