

Gavin DeGraw Says Breakup Songs Paid for His College Loans



By Petra Halbur

For Gavin DeGraw, it seems, suffering can be inspirational. The 36-year old singer says that his lowest points have led to the composition of some of his most successful songs like “I Don’t Want to Be” and “Not Over You.” Last Thursday, he told [People](#) at Starwood Preferred Guest’s “Hear The Music, See the World” concert series that, “If [the song] becomes successful, suddenly you’re not quite as angry singing it anymore because you’re like, ‘Wow, I paid my college loans off with that song!’”

How do you use music to help mend a broken heart?

Cupid's Advice:

Crying, chocolate and puppies have been known to ease the pain of a broken heart but, perhaps, nothing has been proven to work quite as well as music. Cupid has some ideas for how music can help:

1. Let music speak to you: Yeah, it sounds cheesy, but sometimes the lyrics to a song can feel as though they were written just for you. Embrace the catharsis.

2. Create: Even if you're not a musician, try parking yourself in front of a piano and fiddling around with the keys. Even if it's just a simple melody, being constructive and creative can be a great way to put the pieces of a broken heart back together.

3. Vent: Turn off the sappy breakup songs and turn on some metal! Play some angry music on your iPod and go for a jog. Run to the beat and don't stop until you feel better.

What music did you listen to after a break up? Share your experiences below.