

'The Bachelor' Winner Courtney Robertson Lands Tell-All Book Deal



By April Littleton

The Bachelor Season 16 winner is once again making headlines. Courtney Robertson, now a celebrity author, has landed a book deal with the title *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villian*. "Going on *The Bachelor* was the most amazing opportunity I've ever had but I did not have a fairy tale ending!" Robertson told UsMagazine.com. The 30-year-old ended her celebrity relationship with Ben Flajnik October 2012.

Courtney Robertson decided to do something positive when it

came to dealing with her celebrity break-up from 'The Bachelor' Ben Flajnik What are some creative ways you can get over a break-up without being revengeful?

Cupid's Advice:

Break-ups are tough, especially if you ended things with someone you really cared about. Getting over a celebrity ex without lashing out publicly can be even harder. Cupid is here to help those girls going through a break-up:

1: Have a girl day: When you begin to feel down, call some of your girlfriends and spend the day going out with them. Go to the spa, a movie or just sit around your house and talk about how you're feeling. Relationships and love will come and go, but your friendships will be something you can cherish forever.

2. Hobbies: Keep your mind off your ex by staying busy. What are some of the activities you thought about trying but never got the chance to do? Start going to the gym more often, take piano lessons, and fly in that helicopter over the city! Do something you've always had an interest in and have some of your friends join you as well.

3. Keep a journal: Instead of verbally blaming everyone around you for what happened between you and your boyfriend, write down all of your feelings and emotions in a journal. Finding a healthy way to express yourself is good for the mind and will help you move on faster.

What are some other ways to deal with a break-up without getting revenge? Comment below.