

Former 'Bachelor' Star Kacie B. Is Engaged



 By Sanetra Richards

Third time's a charm! After two previous attempts, former *Bachelor* contestant Kacie Boguskie has found her groom, at last. According to [People](#), the 26-year-old announced her exciting engagement to music executive Rusty Gaston on February 16th through an Instagram post with the caption, "I cannot believe I get to MARRY my best friend. I am so blessed to have such an amazing man!! I just want everyone to know!!!" Shortly after being rejected twice on the show during seasons 16 and 17, Boguskie met her now fiancé and the rest is history!

How do you rise above a bitter breakup?

Cupid's Advice:

Your mind may be running a million miles per minute and you may think the world is ending after a bad breakup, but those feelings are only temporary. It is possible to overcome and snap back even better than before. Cupid has some advice:

1. Come to terms: Understand it is a breakup – it happened for a reason. The relationship could have been toxic or maybe you all were not completely compatible. Whatever reason there may be, do not be afraid to accept it. You might even catch yourself exhaling a deep sigh of relief afterwards.

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2. Treat yourself: Moping around eating ice cream and bonbons does not do any good . . . as tempting as it may sound. If

your schedule permits, call a few friends and have a day/night out on the town. Whether it's a spa appointment or a chick flick movie date, have fun! If you prefer to stay home, engage in a hobby, such as reading a novel or gardening. Your mind will be taken off of the sour thought of that breakup.

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3. Wait patiently: Don't be in a rush to pursue another relationship. It will come when you least expect it. In addition to the patience, leave behind any emotional attachment that could taint your next possible love interest. You'll be at your best when Cupid aims his arrow and strikes again.

What are some different ways to rise above a bitter breakup? Share your thoughts below.