

Sources Say Jennifer Esposito Slams Ex Bradley Cooper in New Book



By Louisa Gonzales

Jennifer Esposito doesn't let anything slide when it comes to her past relationships in her new book, *Jennifer's Way*, according to [UsMagazine.com](https://www.usmagazine.com). The *Crash* actress, 41, talks about her healthy eating habits and reveals personal narrative in her memoir book released last month and that includes cutting information about her ex—seemingly her ex husband Bradley Cooper to be exact. In the book she wrote about how hard it is to find love living in LA and how she met and “accepted a date” from someone who was “funny, smart, cocky, arrogant, and a master manipulator.” Many believe she was describing Cooper, 39. The ex lovebirds divorced back in 2007 after being married for a mere four years.

How do you keep your anger about a breakup in check?

Cupid's Advice:

Breakups are hard, whether they end on bad or good terms. The end of a relationship can leave you with a lot of mixed emotions, but if the breakup ended badly it can leave you feeling bitter or angry, which isn't a healthy state to remain long in. Cupid has some advice on how to keep your anger in check after a breakup:

1. Release your anger in healthy ways: Nothing good can come of expressing your anger onto your ex, it can only make things worse and more complicated. Instead try doing other physical activities to release your frustrations, such as try taking kick box classes, or running or dancing to burn off your anger. It doesn't matter as long as you do whatever will help you vent in a healthy way.

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2. Focus on other things: To help keep your anger at bay after a break up, try putting your time and effort onto other things. Realize the only one creating your anger is you and being angry or letting your anger build can be unhealthy. Prove that the other person didn't control your life and remember you have the power to be happy on your own or with someone new, so try and keep track on the positive like now that your single you'll have tons of free time to try new things or stuff you always wanted to.

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3. Talk it out with someone close to you: Being able to talk out your anger can be healthy alternative to letting your anger build up inside you. It's nice to be able to freely

express how you are feeling to someone you know will understand, who will not judge, and can even maybe give you some advice or perspective. Talking it out with someone you are close with and trust will also make it easier for you to be raw and vulnerable which will give them opportunity to console you.

What do you to keep your anger about a breakup in check? Share in the comments below.