

# Hugh Hefner Introduces Second New Girlfriend Shera Bechard



A few days before walking down the aisle, Crystal Harris had a change of heart and called off her wedding to Hugh Hefner. The 85-year-old *Playboy* founder has wasted no time weeping over his broken heart. According to [People](#), a week after calling Anna Sophia Berglund his “new girl,” he introduced Shera Bechard as his new girlfriend as well.

**Is it healthy to date someone new after ending a serious relationship?**

## **Cupid's Advice:**

Just because your close relationship came to an end, it doesn't mean that you can never date again. Here's how you can decide if you're ready to re-enter the dating world without rebounding:

**1. Think “me,” not “us”:** During your intimate relationship, you came to see you and your partner as one unit. After you break-up, it’ll take some time before you can accept that you’re single and on your own. Before dating someone new, spend some time alone and do whatever makes you happy, in order to rediscover who you are as an individual.

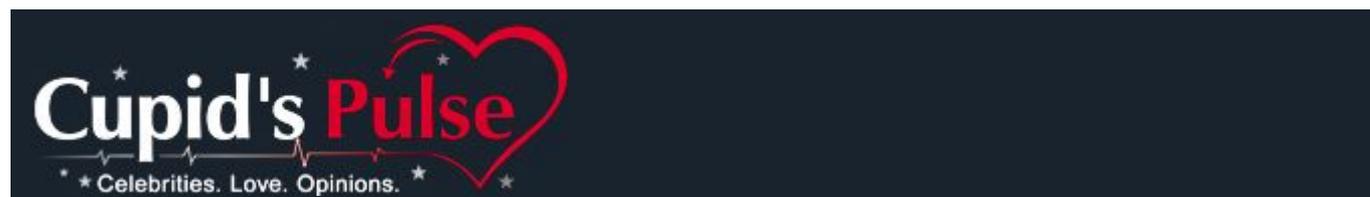
**2. Don’t compare:** Once you’ve gotten to know yourself again, you can start seeing new people. But don’t fall into the trap of comparing your new potential mate with your ex, because you may be setting yourself up for disappointment.

**3. Go at your own pace:** There’s no specific amount of time you need to spend alone after you split with someone, but there’s no need to rush to replace your partner. Remember that it takes everyone different amounts of time to gain closure after their past relationships.

**How long did you wait before starting to date someone new after your split? Share your experiences below.**

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## **Hugh Hefner Parties In Kandyland With New Girlfriend Ann Sophia Berglund**





It looks like Hugh Hefner isn't *too* heartbroken after his ex-fiancé Crystal Harris called off their marriage. It's either that or he's a pretty good actor. The 85-year-old *Playboy* mogul stepped onto the red carpet at The Karma Foundation's Kandyland Party at the Playboy Mansion this past Saturday with Miss January 2011 playmate Ann Sophia Berglund. Along with his new girlfriend – who is also Crystal Harris's best friend – he partied the night away with celebrities, playmates and other party-goers.

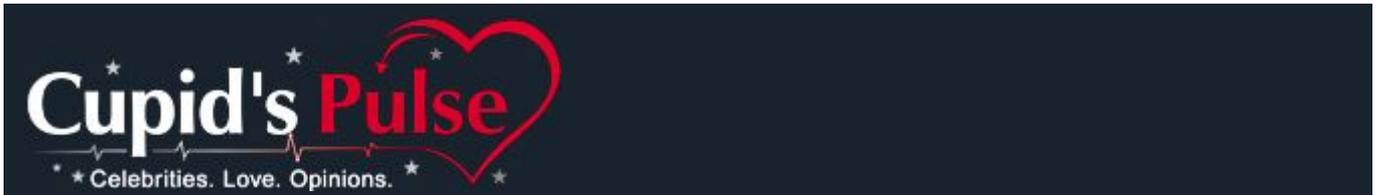
Hefner's ex-bride-to-be said one of the major issues in their relationship was his love for other women. "It doesn't make sense to have so many women around but still have a marriage," Harris said, according to [People](#). "It doesn't make sense, so it was the right thing. I wasn't the only woman in Hef's life and it wasn't going to stay that way after the marriage."

After Hefner confirmed that his wedding with Harris was canceled, a friend told [Popeater](#), "He will die of a broken heart." At least that's what his friend assumed. Hefner tweeted, "The breakup is a heartbreaker, but better now than after the marriage ... I just missed a bullet."

**Do you think the Playboy tycoon is really over his ex-fiancé and did Harris have a good reason for canceling the wedding? Let us know what you think below!**

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# Hugh Hefner Picks A New 'Best Girl'



If Hugh Hefner is still hurting from his breakup with fiancée Crystal Harris, he sure isn't showing it. [People](#) reports that a week after the split, the 85-year-old *Playboy* founder has already moved onto a new bunny: Anna Sophia Berglund. Hefner tweeted, "With Crystal gone, Anna is my best girl... Anna is really one in a million." When asked if the new couple is official, Hefner's ex, Crystal Harris, tweeted, "Nope! She's just over there regulating, making sure Hef ends up w a good girl."

**How do you know it's too soon to move on from your ex?**

**Cupid's Advice:**

After you break up, jumping back into the dating pool right away may be a bad idea. Cupid has some tips on when is too soon to start seeing someone new:

**1. Replacing your ex:** If you're seeing someone who reminds you a lot of your ex, you're probably just looking for a replacement. Wait a little longer to start dating again.

**2. Trying to get over it:** Right after breaking up, you're probably hurting and want some kind of comfort. If you look for a new flame during that time, you're moving on too soon.

**3. Waiting a week:** While everyone needs a different amount of time to get over a breakup, a week is too soon. For example, Hugh Hefner is probably still reeling from his week-old split.

**How long would you wait after a breakup to move on and start dating again? Share your comments below.**