

# 'Hunger Games' Star Leven Rambin and 'True Blood' Alum Jim Parrack Are Engaged



By

Ann Luther

We all saw *True Blood* alum Jim Parrack's heartbreak when he ended his marriage to his wife of six years, Ciera Parrack. However, he quickly moved on, proposing to *Hunger Games* star, Leven Rambin, after only a few months of dating. According to [UsMagazine.com](http://UsMagazine.com), they even made their big news official on Facebook: Parrack changed his relationship status to Engaged over the weekend. The new couple does, in fact, seem very happy in this Instagram video they posted announcing their hiatus from social media. Best of luck to the adorable pair!

## How do you know when you're ready to move on post-divorce?

### Cupid's Advice:

Divorce is one of the most difficult things a person can go through in life. It is the end of something that was supposed to last forever. It's hard to believe that you'll someday move on – and maybe even find love again – when you feel so wrought with despair. However, know that you *will* feel closure and happiness again...eventually. So how do you know when the time is right to open up your heart to someone new?

**Related Link:** [Kendra Wilkinson Wears Telling T-Shirt After Meeting with Divorce Lawyers](#)

**1. You're going out with your friends:** If you can go out with your friends, you can go out on a date. Put a little extra effort into your beauty routine to make yourself feel your best. Even if you're not ready to get into a serious relationship, going on a date is a simple step in the right direction.

**2. You miss what you had but not your ex:** There is a big difference between missing a person and missing a feeling. When you lose a partner, it's almost always best to leave that person where they belong: in the past. A feeling, however, can always be found again. It may not be the same feeling you had with your ex, but it will be extraordinary because that is what love is. The important thing to remember is that you will have many loves in your life. Don't give up!

**Related Link:** [5 Celebrity Couples Who Are Still Friends Post-Divorce](#)

**3. You're okay with being alone:** Something we all struggle with is recognizing the difference between being alone and feeling lonely. Being alone is a part of life, even when you're married. You should be at peace with your thoughts,

your choices, and your life. There is nothing scary about being alone. You are free in so many wonderful ways!

How did you know that you were ready to move on after a breakup? Tell us in the comments below!

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# Britney Spears' Ex Jason Trawick is Dating 'Hunger Games' Star



By

Brittany Stubbs

Britney Spears' former agent and fiancé Jason Trawick, has

moved on to actress Leven Rambin. Sources exclusively confirm to [UsMagazine.com](http://UsMagazine.com) that Trawick and the *Hunger Games* actress are “hooking up and dating.” After Trawick ended his two year engagement with Spears in January 2013, the pop star moved on shortly after with David Lucado and has been with him ever since.

**How do you know when you're ready to move on after a break up?**

### **Cupid's Advice:**

Break ups can be difficult and healing takes time (and sometimes a tub of cookie dough). It's important to allow yourself an adjustment period to recover before jumping back out there:

**1. You're emotionally stable:** Break ups are often roller coasters when it comes to your emotions. One moment you're balling your eyes out in the bathtub, the next you're enraged and cutting up every photo you have of the two of you. When you've finally gotten to a point where you feel secure someone could mention his name or you could even run into him in public and not be tempted to have a dramatic meltdown in anyway, you've come a long way.

**Related:** [Britney Spears and Jason Trawick Call Off Their Engagement](#)

**2. You no longer talk about them:** It's normal for everyone to get in the habit of constantly mentioning their ex, whether you're going on rants about how poorly they treated you or just finding little opportunities to bring up their name. This usually means they're still on your mind and you're still pretty attached. But if you get to a point where you can pass by their work or hear their favorite song and not feel the need to bring it up to your friend, you've gotten over him.

**Related:** [Britney Spears and Jason Trawick Reveal How Their](#)

## [Romance Began](#)

**3. You're done cyberstalking him:** We've all been guilty of it before – constantly refreshing his Facebook page, seeing if he's Tweeted lately, etc. But if you find yourself getting online and no longer have the urge to check if he's been tagged in any recent photos with someone new, it's a good sign you're ready to move on.

**How have you determined you're ready to move on from someone? Share your experiences below.**