

# Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth



By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Related Link: [Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House chats with *Expectation Hangover* author Christine Hassler about soul mates

and why she believes you don't have only one. "Soul mates are anyone that we learn a lesson from," Hassler explains. "We think our soul mate is this person who's going to come and make our soul feel whole and complete, but that's not the case." She adds, "Your true soul mate is *you*. Anything you want from someone else is something you're really yearning to give yourself."

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What do you think about the soul mate myth? Tell us in the comments below!