

QuickieChick's Video Dating Tips: Why Hating Your Body is Destroying Your Love Life



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

Dating Advice from E!'s *Famously Single* Laurel House on Self-Consciousness

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us why obsessing over how much you hate your body can be damaging to your relationship. The truth is that your guy doesn't notice

if you've gained a couple of pounds. But, if you push him on it and keep repeating yourself, he may start viewing you the way you view yourself – and you don't want that! "We are so hard on ourselves. We are harder on ourselves than anyone else," says the dating expert. Instead of complaining to your man about your insecurities, she tells us how to handle those body issues and focus on the positive things about ourselves. Remember: Your partner may love what you hate so much about yourself!

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