

# NoGamesLove Dating Video Tips: Dating Power Tools



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

## Dating Advice from E!'s *Famously Single* Laurel House on Dating Power Tools

Have you ever wondered what you need to bring on a date – not literally but mentally? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House reveals the dating power tools that “make you feel better and look better and prepare you for a date.”

The dating expert covers everything from eating a base food (did you know asparagus helps to minimize your chances of having a hangover after a drinking date?) to depuffing to calming those butterflies in your stomach and increasing your confidence (hint: wear red). Good luck!

*For more information about our dating mentor, click [here](#).*

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**Cupid wants to know: What are your dating power tools?**