

NoGamesLove Video Dating Tips: Get Over Your Ex



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

Dating Advice from E!'s *Famously Single* Laurel House on Getting Over Your Ex

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House knows firsthand just how difficult it can be to get over a lingering ex-boyfriend. "Are you having a hard time getting over your

ex?" the dating expert asks. "You are obsessing over him; you feel addicted to him – even though you know how unhealthy and toxic that relationship was, you still crave it." In today's video, she shares what she learned from her own experiences to help you move on.

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

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Have you ever gotten over a toxic ex? Tell us your story in the comments below.