

Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses how *The Bachelor*, particularly season 19 with [Chris Soules](#), and other similar reality TV shows are changing the reality of dating.

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

“They’re helping to shape the way we view what is desirable, what is sexy,” she explains of the reality TV franchise. “With Farmer Chris from Iowa as America’s current leading man, the dating landscape has dramatically shifted.” House reveals five ways that Soules is changing the reality of dating: Women no longer want bad boys like former *Bachelor* Juan Pablo Galavis; we see farmers as marriage material; we’re going back to the basics and forgetting about the rich and famous; we want a true gentleman; and we (finally!) think nice is sexy.

Related Link: [Screwing the Rules Video Dating Advice: Find the Love of Your Life](#)

Funny enough, a reality TV show is helping us redefine real love. “It’s being authentic; it’s being our true self. It’s looking down deep and thinking, ‘What do I need in a relationship and love? What do I need in a relationship? What will sustain a relationship long-term?’” the relationship expert shares.

For more dating advice from House, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you think *The Bachelor* is changing the way we date? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Make Your New Year's Goals a Reality



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

Dating Expert from E!'s *Famously Single* About New Year's Resolutions

Related Link: [Dating Coach Laurel House on Her New Book: "I'm Nervous for My Ex-Boyfriends to Read It!"](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is here to

make you succeed the list of goals you have for 2015. “According to Forbes, only 8% of people follow through with their New Year’s resolutions goals,” she reveals. “And that sucks!” With that thought in mind, she shares five realistic resolutions that you can easily accomplish this year. Listen up and don’t disappoint yourself with failure.

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

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How will you achieve your goals this year? Tell us your tips in the comments below!

Dating Coach Laurel House on Her New Book: “I’m Pretty Nervous For My Ex-Boyfriends to Read It!”





By [Sarah Batcheller](#)

You know her, and you love her. She's Laurel House, and she's the queen of all things "powerfully feminine," as she encourages women to be in her new book *Screwing the Rules: The No-Games Guide to Love*. This California cutie is an international dating coach with clients ranging in age from 16 to 82. She was also featured on MTV's *Made* as an "It Girl" mentor. Listening to House's advice is like talking to your best friend but with more expertise, or maybe a therapist but with a better sense of humor. If you want to learn to embrace your true self and subsequently find your true love, then *Screwing the Rules* is for you. Here at CupidsPulse.com, we had the chance to interview the love expert on all things flirty, fun, and for-real.

First, what inspired you to write *Screwing the Rules*?

I have been a prolific dater for a very long time. I was first married at the age of 21, and that lasted for six months. I was married again at the age of 23; he proposed after three months, and we were married for three-and-a-half years. Since

then, I've been engaged a third time and proposed to nine times.

From those experiences, I have made a lot of mistakes. I used to "follow the rules." I had an idea of what you're "supposed to do" in order to play the dating game, which meant keeping my information close to my chest, not being vulnerable at the beginning, being picture perfect, and putting on the facade of what I *thought* the guy would want. I got a lot of guys to fall in love with me, but I wasn't being true to myself, and therefore, I wasn't being true to them. I ended up hurting people because they were in love with "perfect Laurel" and I didn't love them back.

I started to analyze my mistakes and people's responses to them, and I realized there was a pattern, so I came up with a strategy to change it. I started coaching...and people started taking my advice and having different results for the first time. That led me to write *Screwing the Rules*.

Related Link: ['The Bachelorette' Way to Date Lots of Guys](#)

How would you say your personal experiences and past loves influenced your writing?

The publishers basically wanted me to reveal my vulnerabilities, insecurities, mistakes, and shame in this book, and I realized, "I'm asking my readers to reveal the same things to me, or at least to themselves, so I need to set the expectation." I wrote the whole thing, and then afterward, I injected my personal stories. I'm actually pretty nervous for some of my ex-boyfriends to read it!

While writing it, I felt like Diane Keaton in the movie *Something's Gotta Give*, where at the end she's sitting at her beach house typing and sobbing. It was hard to go back and remember the bad relationships, the hurt, the things I've been called, and all of the things I went through in order to get here.

What are some commonalities you've noticed as a dating coach?

First, women consistently struggle with voicing their needs. In the beginning of a relationship, even the women who are super successful, strong, entrepreneur types don't voice their needs in a way that is pointed, direct, and authentic but simultaneously loving. Often times, we don't have our needs met because we set the precedent early in the relationship: "Where do you want to go to dinner?" "I don't know. Where do you want to go to dinner?"

Even when it comes to making online dating profiles, we don't focus on our needs; we focus on our wants, like "I want him to be hot; I want him to be rich; I want him to be funny; I want him to like hiking." Well, what do you *need*? "I need him to respect me; I need to respect him; I need him to admire me; I need to admire him; I need him to show up when he says he's going to." The problem with not voicing your needs is that it causes resentment.

Second, we're afraid of our vulnerability. We believe it's weakness, but it's not. Look at the people you're closest with and most connected with. Do you love them because they're pretty, rich, or funny? Probably not. You love them because you have a mutual connection and understanding, often due to hardships. You love them because of their quirks that they often see as weakness. So what you're doing by not being vulnerable is withholding that.

Women often say, "He hasn't proven himself yet." Okay, how much more time are you willing to waste? In the book, I talk about the "U Strategy," which refers to this idea of "up, down, up." On a date, you talk about the good things (up), then the depth and vulnerability (down), and then how you came out of it a better person (up).

Related Link: [How to Make a Guy Fall in Love with You](#)

We love that you encourage your readers to be "powerfully

feminine.” Why do you feel that this idea is so important for women as they date? How can women channel this sort of femininity?

There are three types of femininity: the needy feminine, the masculine feminine, and the power feminine. The power feminine is the most powerful because you’re being true to your core values, your needs, and your femininity. You can be a woman and be soft and nurturing but also say exactly how you feel. We tend to couch things because we’re trying not to hurt other’s feelings, but when we do that, it comes off as manipulative. Instead, just be you. Be your beautiful, feminine self. Allow him to take care of you. As much as I am a feminist, I also believe in gender roles.

You can learn more about Laurel on her website screwingtherules.com and keep up with her on Twitter: @QuickieChick and @NoGamesLove. Don’t forget to pick up a copy of [Screwing the Rules: The No-Games Guide to Love](#), out today!

Screwing the Rules Video Dating Tips: ‘Tis the Season to...Breakup?





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

Dating Expert from E!'s *Famously Single* Talks About Breaking Up During the Holidays

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House discusses breaking up during the holiday season. Sure, the holidays are all about kissing under the mistletoe, snuggling by the fire, and walking hand-in-hand as the snow falls. But that's not all: "From now until Christmas, breakups are steadily on the incline," dating coach and *Screwing the Rules: The No-Games Guide to Love* author Laurel House reveals. "In fact, it's the most popular time of year to breakup. Thankfully, on Christmas, that number actually plummets and picks up again in March." So why does heartbreak happen so often over the

holidays? We want to be surrounded by the people we love; if you don't truly have those feelings for your partner, it'll become even more apparent during this busy and stressful time. Listen up for the other reasons that House shares and find out why it's important to say goodbye now instead of waiting until the new year.

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

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Have you ever dealt with a breakup during the holidays? Share your best advice below!

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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[channel](#).

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

Screwing the Rules Video Dating Tips: Do THIS When Meeting His Family Over the Holidays



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

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

Related Link: [Laurel House on Meeting Your Partner's Family Over the Holidays](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about what to do when you meet your partner's parents. "There are several things you can do to make that greeting less stressful and actually fun for everyone," she explains. "You just have to remember to keep the romance and connection alive." Listen up to find out everything you need to know before your beau joins your family's Thanksgiving table!

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

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you prepare for meeting your significant other's family over the holidays? Tell us in the comments below!

Screwing the Rules Video Dating Tips: How to Make a Guy Fall in Love with You





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

At home, you may be the independent woman who fixes that leaky faucet by herself and lights up the grill without a second thought. At work, you may be the boss who oversees a team of employees and keeps everyone in line. While these two roles show off your strength, in order to make a guy fall in love with you, you need to be willing to assert your...weakness.

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

“Yes, men are attracted to confidence and beauty, inside and out. They’re attracted to fun, to enthusiasm,” explains relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) in this week's [dating advice](#) video. “But if you want them to fall in love, you need to show your vulnerability; you need to surrender; and you need to show your humanity.”

Related Link: [Laurel House Reveals Your Must-Have Mantra](#)

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For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

What's your best tip for making a guy fall in love? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Dress Up for Your Man



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

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

Related Link: [Communicating About Tough Topics](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how Halloween can influence your time spent between the sheets with your partner. "Halloween is a great excuse to dress up, to play a role, to be something a little different, to be edgier, to be sexier, to be more demure, to be more discreet, to be dangerous," she shares. This idea extends beyond what you wear to that Halloween party too. If you're in a serious relationship, this is a great opportunity to dress up in a costume for just your man to see. Even if your chemistry is still off the charts, "changing it up is always a good idea," House explains. "It's not just about being scary or having crazy teeth. It's about fulfilling fantasies."

Listen up for her best tips for "adding a little spice" to your relationship!

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

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Cupid wants to know: What's your favorite Halloween costume – both in and out of the bedroom?

Screwing the Rules Video Dating Tips: What's Wrong With You?



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

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

Related Link: [Your Must-Have Dating Mantra](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks to *Expectation Hangover: Overcoming Disappointment in Work, Love,*

and Life author Christine Hassler about a simple question: What's wrong with you? When faced with that question, what do you think? There's generally a common theme of "judgment," says Hassler. "We're terrible critics of ourselves." Instead, the answer should be, "Absolutely nothing." As Hassler explains, "We forget our fabulousness and look to our flaws."

Listen up for more tips on how to recognize your gifts and your uniqueness!

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

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How do you see the good in yourself? Share your tips in the comments below!

Screwing the Rules Video Dating Tips: Decide to Fall in Love





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

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

Related Link: [Your Must-Have Relationship Mantra](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about what it means to decide to fall in love. If you keep going out with great people but you're just not feeling it, it might be because you're *choosing* not to be open and available. "You have to decide to open your heart. You have to decide to be vulnerable. You have to have conversations that express vulnerability," she explains. Otherwise, your relationships will continue to be one-sided. Listen up for more great dating advice!

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For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

What's your best tip for opening yourself up to love? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Your Must-Have Mantra



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

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

Related Link: [Find the Love of Your Life](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses your must-have relationship mantra. “‘Here I am.’ That’s it!” she shares. “Not ‘Here I am – am I good enough?’ or ‘Here I am – do you like me?’ It’s confident. It’s comfortable.” If you don’t recognize your own value and worth, then you can never expect a man to do so. Remember that you can only be who you are – and someday, you’ll find a partner who loves you for you.

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

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

What is your must-have mantra? Tell us in the comments below!

Screwing the Rules Video Dating Tips: The Best Dating Question to Ask on a First Date





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

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

Related Link: [Do THIS for Better Dates](#)

If you're insecure about what to chat about on a first date or tired of having boring conversations, then this week's [dating advice](#) video, from relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is for you. She encourages you to ask one "magic" question: Why? "That's it! Why adds so much – it's the one thing that you can tack onto any mundane subject and suddenly transform it into something that matters," she explains. Listen up for more great dating tips!

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

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

Cupid wants to know: What's your go-to first date conversation topic?

Screwing the Rules Video Dating Tips: Do THIS for Better Dates



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

Dating Advice from E!'s *Famously Single* Dating Coach on Having Better Dates

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) reveals what two little words will allow you to connect more with your partner and make your next date even better than the last. “‘Me too’ is the universal connector,” she explains. “It’s what allows you to understand and be empathetic with someone else.” It also shows your vulnerability and willingness to open yourself up. This simple phrase reassures your significant other that they aren’t alone, reminding them that they have *you* during both the good and bad moments.

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

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Try using “me too” on your next date and let us know how it goes!

Screwing the Rules Video Dating Tips: Forget the Bouquet!



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about why it's the big *and* little things that create a happy romance. "Relationships aren't about the high notes. They're about the in between," she explains. "It's actually the mundane, the day-to-day, the little things – that's what a relationship is made of." You know you really care about someone when you find yourself sending "thinking of you" texts or picking up Kleenexes because you remembered they ran out.

Dating Advice from E!'s *Famously Single* Dating Coach on Why to Buy Flowers

Related Link: [Find the Love of Your Life](#)

House adds, "Just the big things are not enough to sustain a relationship. On the same note, just the little things, while they're great...sometimes, you need something a little bigger."

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Let us know your thoughts in the comments below!

Screwing the Rules Video Dating Tips: Turn Him Off with Filler Words





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

Dating Advice from E!'s *Famously Single* Laurel House on Filler Words

Related Link: [Communicating About Tough Topics](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares why using filler words – like, um, well, anyway – will instantly turn a guy off. “You’re not stupid, so don’t act like it,” she says. “Or rather, don’t sound like it.” While it’s natural to want to fill every moment of silence, she encourages you to use this time wisely: “Think about what you’re going to say next.”

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

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

Any tips for avoiding the use of filler words? Tell us in the comments below.

Screwing the Rules Video Dating Tips: Dating Red Flags Revealed on Facebook



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

Ever wonder if social media can reveal red flags when it comes to that new guy you're dating? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) believes it can! If your

partner asks you to unfriend your cute male friends or feels uncomfortable with you maintaining contact with your ex, it's time for a conversation. "It can really be the ruin of relationships if you let it be," she explains.

Dating Advice from E!'s *Famously Single* Laurel House on Social Media Red Flags

When it comes to *your* feelings about your partner's social media habits, it's important to trust them until you have a reason not to. If you continually fail to trust them, the dating expert says "pretty soon, that person is going to start acting in a way that's not trustworthy. You're blaming them for something they haven't done."

Related Link: [How to Get a Guy to Commit](#)

Watch the video above for more great dating tips!

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How to handle social media issues with your new guy? Tell us in the comments below.

Screwing the Rules Video

Dating Tips: 'The Bachelorette' Way to Date Lots of Guys



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

Dating Advice from E!'s *Famously Single* Laurel House on Dating Lots of Guys

If you're a fan of *The Bachelorette*, then you know the formula is simple: the Bachelorette (currently Andi Dorfman) starts off dating 25 guys before whittling the group down to her

final pick. Using the show as inspiration, in this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her best advice for dating a lot of guys. As the dating expert explains, "If you want to find your perfect mate, you need to date multiple people at once. How are you supposed to make a decision if you don't have any choices?"

Related Link: [Video Dating Tips: 'Bachelorette'-Based Ways to Know If He's Using You](#)

Listen up if you're ready to date more than one guy in order to meet your soulmate!

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What are tips for dating lots of guys at once? Tell us in the comments below.

Screwing the Rules Video Dating Tips: George Clooney is Engaged! Why He Chose Her





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

Dating Advice from E!'s *Famously Single* Laurel House on Amal and George

With this sexy actor's recent engagement, we all can't help but wonder: What did Amal Alamuddin do to capture George Clooney's heart? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) reveals the truth: "Her attitude was, 'You're just a guy.'" She wasn't hypnotized by his looks or money or fame or the fact that he's considered to be one of the most eligible bachelors in the world." With this thought in mind, learn how to snag your own dream man!

Related Link: [Find the Love of Your Life](#)

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

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What is your best move for snagging an ultimate bachelor? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Talking About Your Relationship Needs



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

Dating Advice from E!'s *Famously Single* Laurel House on Communication in a Relationship

Related Link: [How to Get a Guy to Commit](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) teaches you how to communicate with your partner about your relationship needs. "Whether it's phone, e-mail, text, or in person, there are five key elements to communication," she reveals. "Those are attitude, word choice, motivation, timing, and length." Watch the video above if you're ready to improve your skills!

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How do you communicate your relationship needs? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Texts That Destroy Your Dating Mojo





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

Dating Advice from E!'s *Famously Single*' Laurel House on Texting

Related Link: [Summer Love...](#)

Texting: It can be flirty, funny, bitchy, or sexy. So what are the basic rules of sending a message to that special guy? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House talks about the do's and don'ts of texting while dating. She reveals when photos are appropriate and just how sexy is *too* sexy. "You don't want your texts to be longer than a thumb," she says. "Follow his lead!" Watch the video above to educate yourself on texting etiquette and learn what your texts might *really* be saying.

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[channel](#).

What are some of your personal texting rules? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Find the Love of Your Life



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

Dating Advice from E!'s *Famously Single* Laurel House on Finding the Love of Your Life

Related Link: [10 Places to Meet Your Soulmate](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) tells you the 8 things to do when looking for love and the 10 best places to go to find that someone special. But first, she encourages you to forget chance. "Put yourself in the right place at the right time if you want to meet Mr. Right." She also shares what you shouldn't do – and it's really quite simple. "Whatever you have been doing! Because clearly it isn't working."

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

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What are you going to do to meet The One? Share your tips in the comments below.

Screwing the Rules Video Dating Tips: Communicating About Tough Topics



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

Dating Advice from E!'s *Famously Single* Laurel House on Talking About the Tough Things

Related Link: [Dating Power Tools](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) helps you answer the age-old question: Are you good in bed? If you're not sure, the best thing to do is just ask. The key, though, is removing your ego. "This is not about blowing smoke. You're not fishing for compliments. You're looking for constructive

criticism,” House shares. “But if you can’t handle the truth, don’t ask for it.”

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Cupid wants to know: How do you approach the tough topics with your partner?

Screwing the Rules Video Dating Tips: #1 Sexiest Trait that Attracts Any Guy





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her thoughts on the sexiest trait that attracts any guy. "Did you know many of my clients who are seemingly the total package can't get a guy to ask them on a fourth – or sometimes even a second – date? Do you know why?" the dating expert asks. "It's actually the most important thing when it comes to attracting a guy." It's not about looks or even being the total package; it's a trait that's available to average or even below-average women.

Dating Advice from E!'s *Famously Single* Laurel House on Sexy Traits

Related Link: [First Date Conversations That Will Get You a Second Date](#)

So what is the sexiest trait that attracts any man? Being alluring. Listen up for advice on how to channel this power and get the guy you want!

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For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What do you think is the #1 sexiest trait to attract a guy? Tell us in the comments below!

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.

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[channel](#).

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