

Change a WordPress email address in the database

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You can update your WordPress email address in the database, which can help if you cannot receive the password reset email. Log into phpMyAdmin. Click on the **_users** table. Click **Edit** next to the user you want to update. In the **Value** column, delete the contents of the **user_email** box. Type your new email address into the same box. Click **Go**

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Online URL:

<https://www.heartinternet.uk/support/article/change-a-wordpress-email-address-in-the-database.html>