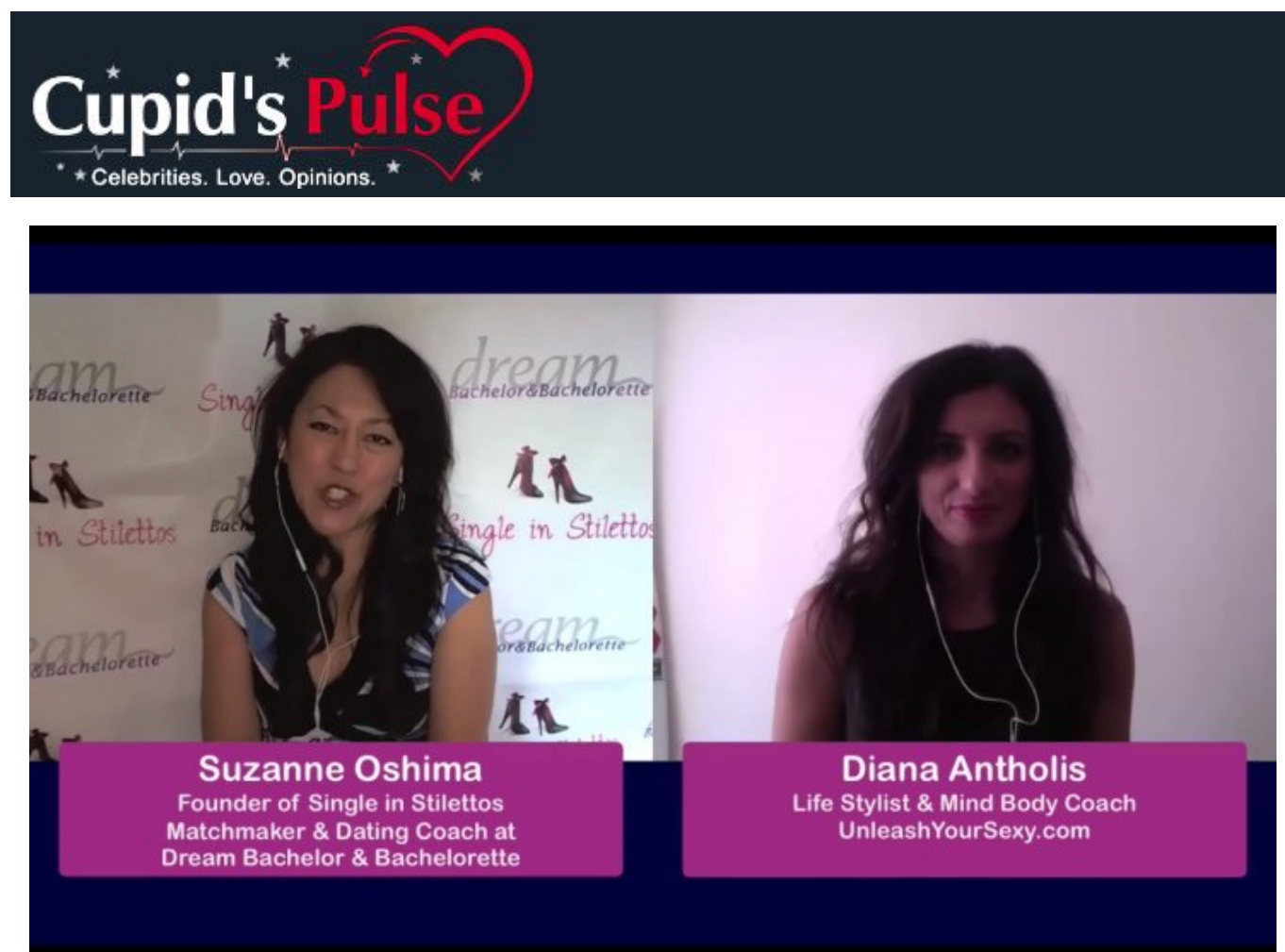


# Single in Stilettos Show: He Can't Love You If You Don't Love You



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to life stylist and mind body coach Diana Antholis about learning to love yourself. Antholis explains why self-love, self-confidence, and self-esteem are all important when it comes to falling in love with a man.

**Related Link:** [Find Out What Makes a Man Fall in Love](#)

For more information about Single in Stilettos shows, click [here](#).

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**What is your number one tip for self-love? Tell us in the comments below!**