

# Single in Stilettos Show: Dating Advice About Mindfulness



On this week's [Single in Stilettos](#) show, relationship expert Suzanne Oshima and author and passionate living coach Abiola Abrams share their best dating advice about mindfulness.

## Dating Advice: How to Be Mindful When Dating

"Self-being is really just mindfulness. When you don't have access to self-love, go for self-being," Abrams explains.

"It's about learning how to be comfortable with yourself and where you are. So when I say dating and mindfulness, it's about learning how to be present, not only on a date but in a relationship." Watch the video above for her tips on how to improve your relationship and love life!

*For more video dating tips and additional information about Single in Stilettos shows, click [here](#).*

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**Tell us: What's your best dating advice for how to be mindful when looking for a relationship and love?**