

# Dating Advice: Is It Possible To Find Love After 40?



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to offer their [dating advice](#) for those who are looking for love later in life. Learn how to attract a quality partner that's worthy of your time with the following dating tips.

## Dating Advice For Those Single Over 40

- 1. Go for it.** Don't discourage yourself by saying it's too late for you. Pursue a relationship believing you're good

enough. Take a risk and go out of your comfort zone to find love. Since so many older in age refrain from entering the dating pool, your chances in finding someone increases with the few who are also looking.

**Related Link:** [Dating Advice: Why Do I Attract The Wrong Men?](#)

**2. Analyze your thinking.** You might believe you're alright on your own, and that may be true. But if you find yourself desiring companionship or feel that you're missing something in your life, then a relationship might be what you need. If you decide to start dating again then you need to change your mindset a bit.

**Related Link:** [Dating Advice: 3 Biggest Online Dating Mistakes](#)

**3. Ask for more.** If you end up getting lucky and find someone that you really like, don't be afraid to ask for more. At this age you shouldn't deprive yourself from the joy that stems from affection. Just remind yourself of how you weren't afraid to ask for the things that made you happy when you were younger. The same applies at 40 and over!

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