

# Dating Advice: Find True Love After 40



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their best [dating advice](#) for true love after 40. Find out why it's easier to find love later in life and how you can find the man or woman of your dreams with the following dating tips!

## Dating Advice That Will Help You Find Love After 40!

**1. Know yourself.** It all starts with confidence. Women and men

over 40 have established their identity. Having that inner knowledge of yourself will help you find long lasting love and a quality partner. These things just come with age, so don't fret if you meet someone later in life.

**Related Link:** [Dating Advice: The Girl He Won't Bring Home to Mom...](#)

**2. Know wants.** The same way you get to know yourself better later in life, you find out what you need most through experience. People who are age 40 and older just make wiser decisions. Prior relationships also help you figure out how to best deal with others.

**Related Link:** [Dating Advice: 3 Ways You're Sabotaging Yourself at Finding Love](#)

**3. Know tech.** It's easier than ever for people over 40 to meet and connect. The internet and electronic devices are tools that help bring singles together. Those in this age bracket can take advantage of these mediums to find love. If you're not familiar with tech, you should take time to learn.

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