

# Single in Stiletto Show: Dating Advice for Women in Their 30s



On this week's [Single in Stiletto](#) show, founder Suzanne Oshima chats with New York City Gal blogger Melissa Braverman about tips for women dating in their 30s. The ladies discuss: the biggest challenges you face as a single woman in your 30s; how to navigate those challenges; the pressure to “settle down” by a certain age; what to do if you get discouraged with dating; and how to stay motivated in your search for love.

**Related Link:** [Abiola Abrams on Insecurity and Dating](#)

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

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What your best tip for someone dating in her 30s? Tell us in the comments below!