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## The Man's Perspective - What Women Should Know About Dating After Age 40

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A male friend of mine is 52, single, and very interested in getting married. The other day, we had a fascinating discussion about what he's experiencing in the dating world. I always listen closely to his thoughts and feelings, so I can share his perspective about women and dating with my older female dating coaching clients.

This man has had several long-term relationships over the last 20 years, and he's tried just about every venue, group, and strategy for dating. He's dated ALL kinds of women-younger/older, with/without kids, single, divorced, and widowed. And he's done a lot of personal growth and dealt with his emotional baggage, which means he's "walked the walk" of healing his past to prepare for healthier dating. So his viewpoint is unique, and his extensive experience gives him insight that is valuable and eye-opening for single, divorced, and widowed women.

Here are a few of his "pearls of wisdom" that could help women better understand the dating behavior of middle-aged men...and thus have more dating success in the future. All of these have been corroborated in pieces I've read by male dating coaches (such as Bob Grant and Christian Carter) and in a book I recommend to all single women: *Why He Didn't Call Back: 1,000 guys reveal what they really thought about you after your date* by Rachel Greenwald.

**HAVE TIME AVAILABLE FOR DATING:** This may sound like a no-brainer, but many single men say that women's lives are often so overscheduled with their job, kids, volunteer work, female friends, hobbies, and extended family gatherings that they have very little free time to spend with a man. He wonders if he'll ever be able to fit into her busy life and, if so, if he'll really be all that important to her. And, as my research shows, men definitely want to feel needed by and important to their female life partners.

**Men recommend:** Be flexible enough to make time in your life for dating at least twice a week...even to the point you'd sometimes be willing to cancel or postpone other plans to spend time with him.

**BE ADAPTABLE:** Many single men say that women are so "established" in their lifestyles, habits, and ways of doing things that it's hard for them to compromise with a partner. They're so used to being self-sufficient and/or single moms/heads of household that a man isn't sure they'd be willing to meet him halfway on things if they were to live together or get married...or if he could enhance her life in any way.

**Men recommend:** Let a man into your world. Ask for his opinion and his help. And be willing to rethink your usual "modus operandi" as you're dating, so he sees that you're not trying to control him or the situation...and you truly value what he adds to your life.

**BE WILLING TO TAKE A CHANCE ON LOVE:** My friend and other single men say that women are often so afraid of getting hurt (because of being burned in past relationships) that they're overly

cautious when first dating a new man. They might hold back, put up "walls" they're not even aware of, and/or be unwilling to have a second date with someone unless he meets all of their many requirements.

**Men recommend:** Give each new guy a chance to show you he's not like the men in your past. Let him "woo" you. Men LOVE the feeling of accomplishment that comes from winning a woman over!

So, next time you're considering dating a new man, step back and look at things from his point of view too. I believe you'll find it enriches your dating life experiences and makes each date and relationship more satisfying and FUN!

Gayle Crist Shisler, M.S., is a dating coach and life coach. As a dating coach, she helps singles discover places to meet people their age, to improve their confidence for dating, and to have more success with online dating. As a life coach, she helps women balance work and family, get through life transitions such as separation/divorce and job layoff, or start their own small business.

Gayle is also a motivational speaker, seminar instructor, copy editor, proofreader, and author of the book *How I Met My Second Husband Online at Age 50*. Information about her life coaching services is at <http://www.healthylifeplanning.com>, and info on her dating coaching services is at <http://www.datingsuccesscoaching.com> Contact her at 215-489-0225 or [coach@healthylifeplanning.com](mailto:coach@healthylifeplanning.com).

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