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## 5 Essential Dating Tips For Women Over 50

Your Tango | By Stefanie Safran

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When you are coming back to the dating scene, it's never easy no matter what age you are. Especially when you are over 50, it can be extremely scary to be back in the same place that your kids are in: the dating pool. If you haven't been dating because of a long-term marriage or just you didn't feel the time was right, making the switch to take your status from "on hiatus" to "actively dating" can be a bigger change than you anticipated.

Finding love at this age is absolutely attainable. However, you have to have an action plan to make sure that you're doing what's necessary to meet someone, since the last time you were out there the rules were way different. With the right strategies and a positive mind-set, you'll be ready to turn on your "actively dating" status.