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Foreword

It's been a long time since you've dated and you feel incredibly intimidated by the idea of dating. Ever since your last break up, you've felt as if you couldn't connect to anyone else. Believe it or not, there is someone out there for you, no matter how old you are. You could be in your 40's and still playing the dating game. Even seniors who are single will go out on dates although it's a bit rare.



Mature Dating

How The Rules Change As You Get Older

Chapter 1:

Mature Dating Basics

Synopsis

In order to go out on a proper date, you must know the mature dating basics before going. You don't want to embarrass yourself or do something that is frowned upon during a date. Dating for older people is much different than a younger person dating. For example, they have higher expectations and know what they want. Older people know how to read some easily by their actions and what they say. This is because they have had plenty experience dating in their past.



The Basics

Two adults should always be upfront about what they want and this way they can communicate better. If one adult has a different desire in a relationship, it probably won't work out. For example, they might be looking for a casual relationship and nothing too serious. The other person is looking to get married within a few months and settle a family. This is all too much for the person who just wants a casual relationship. They draw back because they are afraid of getting hurt or sucked into a place where they won't be able to enjoy the opposite sex.

Most adults know that it is important to meet in safe places, otherwise if something goes wrong - no one would be there to save them. This is very true if you are woman but keep in mind, it can also be dangerous for men as well. If you are participating in online dating, you always need to be extra careful. You should at least know the person's first and last name before going on a date, a few things about their life, plus their living situation. Meeting up with anyone in a short amount of time is dangerous and you will look desperate. Try to take things slowly, even if you are dating multiple people.

You want to be sure the other person is interested in you. Now, if you are a woman - you don't have to tell your age. Some woman look very young but are ashamed of their age and don't want to appear too old. Men don't have a problem with this but sometimes they may hesitate if the woman is not mature enough for them. Other women enjoy

dating men that are younger than them because of the sex appeal or they may just like them for their personality. There are plenty of situations that go on in developing relationships.

If you are in your early thirties or forties, please don't sign up for a senior dating site. These sites are usually reserved for people fifty and up who are looking for someone to spend the rest of their life with. A huge age gap isn't a good idea and your differences could damage the relationship. However, there are some people who do have gaps in age and get along just fine. Just be wary of senior dating sites. Instead, sign up for regular dating sites that allow users from 18 and up to date. You will find plenty of people who are older since there is no max age. On top of that, most of these sites allow you to look for a person based on the age. Choosing someone close to your age will yield the best results and the two of you will get along just perfectly. People who are close to the same age usually have the same mentality.



Chapter 2:

Be Upfront About What You Want

Synopsis

Being upfront about what you want is very important. You need to discuss your relationship goals with the other person. If you are not interested in your date as someone to be in a relationship with, it is a good idea to tell them. Be upfront and never lead them on. You can just tell them you aren't ready for a relationship with them or they aren't your type. Give them an honest reason.



Be Honest

Don't be afraid to let your date know that you don't want to be with them. It may hurt them but break it to them lightly and let them know the two of you can always be friends. Their feelings might be crushed but at least you won't have to beat around the bush. They've probably faced rejection before in their lives so don't worry too much about it. Make sure you treat them as a special friend and if there is anything you can do for them, let them know.

If you are a man or woman who is looking for something specific, then you don't necessarily have to tell your date but it is a good idea. For example, if you are looking for a guy who has humor and does most of the talking - let them know that. However, this could backfire on the both of you. He could easily try to change his personality and it might cause him to be uncomfortable around you. If that's not who he really is but he is just trying to impress you, it may be incredibly difficult for him. What if you want something specific and get something totally different? For example, when I met my husband I automatically assumed he wasn't my type. He was too quiet and would barely talk on our dates. Little did I know that this man would do anything to have me. He would take me to nice restaurants and buy me expensive gifts even though I tried to decline. I never understood why he never tried to kiss me but I found out later he was extremely shy. Through the next few months, we became closer and he urged me to move in with him. My heart told me to give it a chance, although I was afraid of being hurt again. About three months

later he purposed to me which I was never expected him to do. We've been together for five years now and are practically inseparable.

The reason why I told you this story is to show that sometimes change is good for a person. Even though you are specific and upfront about what you want, you should still allow people to come into your life who are slightly different then what you would expect.

If you are upfront about what you want and your date does not try to sacrifice a few things for you, it is probably best to move on. For example, let's say your date only eats sushi and you your diet only consists of cooked meat. You may have a dispute about where to go. If they have never tried sushi, they can always give it a go just this once. This is called making a sacrifice. Remember that you can let them know there are other things on the menu they can enjoy like soups too. A person who truly is into you will do this from time to time but it is a good idea to allow them to choose some activities that they'd like to participate in as well.



Chapter 3:

Meet In Safe Places

Synopsis

Meeting in a safe place is important when it comes to protecting yourself. By meeting in a safe place, you'll be able to relax during the date and won't have any doubts about your date trying anything sketchy. There are some people out there who are looking to steal money, rob, or even try to slip a roofie in someone's drink. Although this rarely happens, you still need to be careful. You could easily become a statistic if you don't guard yourself.



Be On Guard

A safe place is a location where there are plenty of people surveying the area. The perfect place of meeting would be in a cafe, in the mall, or at a fair. These are all wonderful places to go on a first date. You obviously don't want to meet up in a deserted alley way or heaven forbid - the person's home! Anywhere that eyes are around is a great spot to begin your date. You could even meet up at the park with your date but make sure it is a popular park where many people go.

Choosing a safe place to meet will help you in case you need to leave the date early. For example, if you and your date are talking, they may begin to disrespect you. Since you don't tolerate this behavior, you go to get up and leave. However, your date gets in front of you and begins to raise their voice. They become slightly different and aggressive towards you. There are some people who have social or mental issues that you need to be careful of. You'll be able to avoid this situation since people will be around you and they don't want to cause any trouble in public.

Remember that when going on the date, you should be alert of any warning signs that may come across. Someone who is overly pushy or demonstrates signs of aggression should be avoided at all costs. If your date is rude with the waiters or other employees in the area, we suggest not carrying on with the date. Since you are in a public place, you'll be able to quickly slip away with any excuse you can come up with. Make sure you think of something important like let them know

you just got a text message and one of your family members are in the hospital or tell your date you have to leave because of feeling suddenly ill. These are great ways to get out of the date and they won't try to argue with you.

By protecting yourself, you won't regret anything that happens in the future. It doesn't matter if you are a man or woman either. Most say that women are the only ones that need to protect themselves since they are much smaller and less strong as men are. Men should also protect themselves and lookout for anything unusual. There have been a few instances where women go out on dates and once they get the chance, they will steal the man's wallet. This is why it's a good idea to look up her name and background before you go on a date. This can get expensive if you are dating a few women at a time but there are sites that let you check unlimited backgrounds of certain people by paying a one-time upfront fee or going for a monthly membership. Some of the top sites include Itenlius, CorporateScreening, or BeenVerified. All of these sites are established and have different plans according to what your needs are. If you just want a criminal background check only, you can easily obtain this without paying a lot of money. There are also free trials if you want to test out a company. We recommend doing this if you are new to background checks. This will help you see the website features before you decide to purchase anything on their website. You can try them free for a couple days and then upgrade your plan.

Chapter 4:

Leave Out The Age Talk

Synopsis

As we said earlier, age shouldn't matter when going out. Not unless you are dating someone who is 8 years older or younger than you. Obviously, you don't want to be with someone who has a huge age gap. If you are uncomfortable telling your age, just let your date know that you'll tell them later. Obviously, with online dating - you'll be able to look up someone's age through their profile. Otherwise, if you are dating someone from work or a social event, you don't have to tell them your date.



Examine It Well

Most people won't care how old you are. Their goal is to find someone who has a sense of humor, is attractive, responsible, and active. These are the most important things in a relationship for them and if something is out of place, they won't want to continue with the relationship. You should also have high standards but make sure you aren't too picky when it comes to choosing a date.

If you are a man asking a woman for her age who is obviously much older than you, she may feel slightly uncomfortable. It is always best to maintain a healthy relationship and go out on dates for a few weeks before. Always give her a compliment before you ask this sort of question, otherwise it's not advisable to ask at all. You could slyly say something like "Wow, you look very young... how old are you by the way?". A woman is more inclined to give out her age if you give her a compliment like this while asking the question. Otherwise, we recommend keeping out any age talk, especially on a first date.

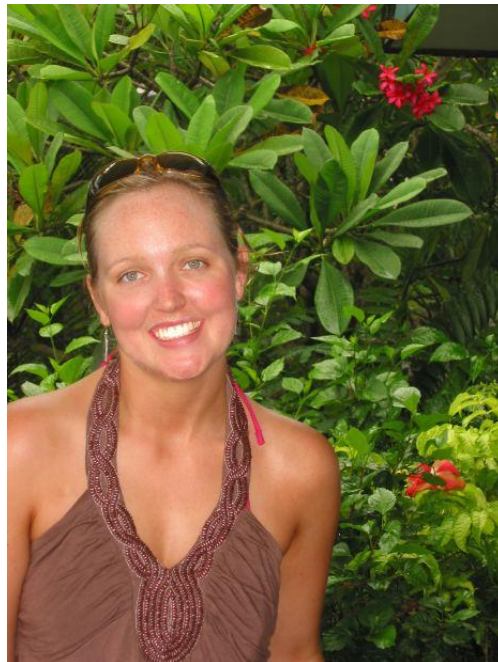


Chapter 5:

Have A Positive Attitude

Synopsis

Having a positive attitude is a great way to start your day and even start a date. By having a positive attitude, you'll be able to create strong vibes that let the person know you are able to cope with certain situations. Usually, people who have positive attitudes are able to get past events in life that can bring them into a deep depression. By staying positive, you'll be able to allow the other person to get close to you. For example, if you are walking down the street frowning - not many people will smile at you. Now, if you are walking with a grin and holding your head high, someone is most likely to smile at you. Someone who tends to "glow" is the one that other people want to be around.



Remain Positive

To stay positive, here are a few tips:

Always Smile

By smiling at another, you are making them feel comfortable and also adding positivity to the date. All it takes is one smile to brighten someone's day. If you smile at them, they are naturally inclined to converse with you and will want to learn more. They feel you are a warm and positive person because of the smile you've flashed them. A facial expression can be quite powerful if you think about it.

Prevent Negative Thoughts

When going on a date, always prevent any upcoming negative thoughts. Never judge your date based on how they look, what they are wearing or what they say. People grow up around different families and some are from different cultures than us and this is why we need to understand that negative thoughts won't help us. If you judge someone right away, you'll probably have a negative thought about them. Perhaps the guy you are dating came in with blue hair. He was actually trying to dye some of his stray gray hairs but his kid's played a cruel trick on him last night. He is usually a well-shaven and clean man who doesn't do things like piercing himself in odd places or known for having any tattoos. Once he explains what happened to

him, you will probably feel guilty for having such negative thoughts about his choice of hair "fashion".

Treat Others As You'd Want To Be Treated

Always treat others as you'd want to be treated. Be positive around them and never send them any negative messages or speak in a negative tone. You want to appear calm and inviting towards people. It doesn't matter if they are a friend or a date. You should practice this so that way it will come naturally.

Be Optimistic

Being optimistic means being hopeful and confident about the future. You should look at your date and think of what wonderful things they have in store for you. If you notice some of their best qualities, focus on those instead of looking at any bad habits of theirs. They will see that you are trying to look past any negative habits they may have. Remember that it is possible for people to change. In many instances, people will change according to the crowd they are with. If they are with friends that are trouble makers or are extremely rude to people, then you would take on the same qualities. However, if you go with a church group every few days and have brunch while talking about the beauty of life - you'll begin to appreciate how lucky you are to be living. People who are optimistic are like magnets - they draw others around them because of the pure energy they put out.

Always Have Positive Thoughts About The Future

Having positive thoughts about the future will allow you to go on a date without any anxiety. You won't have to think about "Does he like me?" or start fidgeting through the whole date because you are nervous. Think positive thoughts in your head. You could very well say to yourself "I am a wonderful person and I'm sure anyone who meets me will like me!". Get up every day and stand in the mirror. While standing in front of the mirror, give yourself positive words or a compliment. This will boost your confidence and also allow you to focus only on the positive things. Don't ever look at your date in a negative way. If he or she is way too talkative, think of it as a good thing. If you can't get a word in, just be playful with your date and say "Hey, when do I get to talk!". They'll get the hint quickly and settle down to hear about the things you want to tell them or ask them.



Chapter 6:

Be Wary Of Senior Dating Sites

Synopsis

Senior dating sites should be avoided most of the time, especially if you are under the age of 50. People in their middle age shouldn't date seniors. Nor should 18 year olds date someone in their early thirties. It just doesn't make sense and there is a good chance that the two of you will have different morals, ethics, reasoning, and habits.



Keep The Age Close

You want someone who is very close to your age. Being five to eight years apart isn't a big difference though and this is generally okay. Anything over that age might be a problem in a relationship. Someone who is older is generally more experienced when it comes to people, is more responsible financially, and tends to think logically instead of with their heart. A person who is younger may behave recklessly and take life for granite. You certainly don't want to date someone like this.

Another reason why you should be wary of senior dating sites is because you want to date someone who is the same age of you. Ten years apart isn't a good idea. If you end up growing extremely attached to the person and they are 10-20 years older than you, you might be very fearful of death. What if your love died of a stroke or something happened to them? Loss of a loved one, especially a husband or wife is devastating. Do yourself a favor and think of the future before dating anyone.

Most senior dating sites are only reserved for people forty five and up. If you are only forty years old, you probably won't be able to sign up for the website since there are age restrictions. Don't waste your time with that. There are plenty of sites you can visit that are only for adults. There won't be any young teens on the site. Some high school students will sign up for a

dating website when it is only reserved for adults. They may even have a fake I.D to get into bars and clubs when they go on their date. Do yourself a favor and if someone contacts you who looks very young, ask them how old they are. Also, check their I.D to make sure it is legitimate before going on the date. If you believe they look way to young, use your gut instinct and don't go on the date at all. Not everyone will tell you the truth so it is very important to listen to yourself.



Chapter 7:

Don't Mix Love And Money

Synopsis

Mixing love and money is the worst thing you can do. If you are an attractive woman who only go for men who have jobs that are over compensating, you probably only attract older men or someone who isn't as attractive as you are. These men can be incredibly sensitive and if you aren't really interested in them as a person, it will hurt them in the future. Instead of looking at someone's wallet, it is important to look at the qualities they have in a relationship. Are they sensitive? Do they treat people kindly? Are they romantic? These are a few questions most people would want to know about their date.



Keep Them Separate

Men can also use women as well. They will say anything to get close to them and they know if the woman is extremely independent when it comes to having a job, they will do all they can to have her purse in their hands.

If you have already been out on a few dates and are now good friends with the person you are dating, it is important that you never borrow them any money. Offering gifts is fine but money is different. If you've known them for over two years, offering money is acceptable but not someone you've been on a 5th date with. There have been many times where a woman or man borrows a substantial amount of money to someone and they skip out on the next date.

If your date is buying you extravagant gifts without asking and you always take the gifts from them, it is always a good idea to give back. Get them something special once you reach your 8th date. By the 8th date, it is safe to say that they are interested in you -otherwise they would have left long ago. You don't need to buy them something expensive either. Chocolates or flowers would be perfect. A gift is to show someone you truly care about them and also it say's "I appreciate you".

Chapter 8:

Don't Settle Because Of Your Age

Synopsis

Many times, people who are older will often settle down because of their age. You should take time to go out on dates with many different people before deciding who is the perfect match for you. After all, this is a decision for your future. Once you find the one you want to be with, you will spend the rest of your life with them. If marriage is a strong possibility or you want to have kids, you'll need to find someone who has the same morals as you and is interested in the same activities you are.



Find What You Want

Now, it is important to know that the two of you don't have to do everything together but having a few things in common is very important.

Some people only agree to marriage because they are afraid they aren't getting any younger. The majority of these people end up being stuck in relationships that they really don't want to be in and about 75% of the time, it will end up in early divorce.

We strongly recommend taking things slow and if the person you want to be with also has mutual feelings of taking it to the next step, then don't be afraid to do so. If your date has been hinting about moving in with them, they are obviously very serious about you. They want you to be there when they come home with open arms. At times you'll find someone who seems perfect for you, but you won't settle for them because it is not the right time. You feel that you need to see other people before finally giving in. Would you spend a lifetime looking for a mountain of gold or a week looking for a piece of copper?

Chapter 9:

Learn To Have Fun Again

Synopsis

Learning to have fun again is very important. If you are an older man or woman who tends to take life seriously and is all about working, you probably don't have much fun. Do yourself a favor by loosening up! Show your date that you can be a fun person to be around.



Enjoy Yourself

The two of you can go play a fun sports game to get your blood pumping and creating positive energy. You'd be surprised at how many endorphins it let's off, leaving you with less stress. The two of you will be able to laugh and have a good time with one another. Now, if you are someone who enjoys the nightlife - why not get a margarita and go dancing with that special someone? The hint here is we only said one margarita. We don't recommend getting wasted because this will obviously ruin the date and we don't want that.

Having fun means letting your guard down and being yourself. You don't have to worry about the other person judging you. The two of you can enjoy the company of one another, telling jokes, stories, and making memories together. You wouldn't act the way you act at work on a date. This is way too formal and you certainly won't get any positive response from your date. In fact, they may even find you boring and "cold". This will scare anyone away so be sure to practice being positive and having fun.

Now, having fun doesn't mean going out and drinking a whole bottle of wine while dining out with your new date. You shouldn't go bar hopping either. A first date should be some place that is quiet like at a restaurant. If you are looking to save money while dating and date at least two people each week - it is a good idea to go to restaurants that aren't too expensive. Depending on your location, most items on the menu will cost \$8 to \$12. Many of the restaurants will show their

prices online with a detailed menu so be sure to check it out. An alternative to saving money while dating is going to an all you can eat buffet. This is great for a first time date. Besides, if you are the one paying - you never know how much your date is going to pile up on their plate!

To have a little fun, you could go on a date that includes an activity. This could be something like playing volley ball, golf, or going to a body paint shop. If it is a first date, you can paint your date's face green or give them a little costume makeover. You could also give them a painted face that looks like a cheetah. This is a fun activity for the two of you and in no time, you'll both be laughing at the creations you made. Another idea would be to go to a theme park. If you are an older person who is not fond of rides, you can always visit the flower show with your date or try winning a game at a booth. Do both of you like animals? If so, another idea would be to visit the livestock or the horse race. This is a wonderful way to get to know each other and usually animals will make us feel at ease.



Chapter 10:

The Benefits Of Great Mature Dates

Synopsis

There are plenty of benefits when it comes to mature dates. A mature person is someone who has been through just about anything in life and tends to take everything in a "casual" manner. If you tell them a dirty joke, they won't even flinch. A mature date is someone who you can rely on, trust, and have a good time with.



The Good Stuff

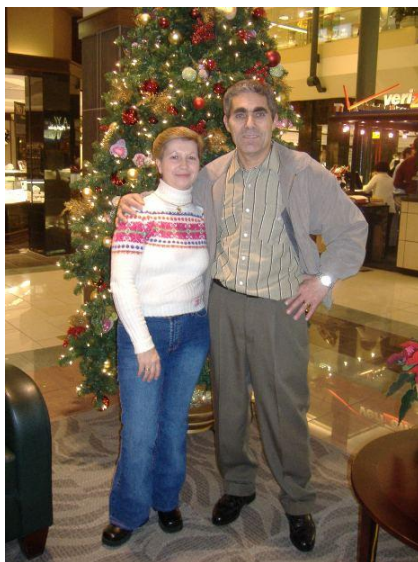
Most people confuse the "word" mature with being serious or even boring. A mature human is a person that is "ripe" and has experienced every season possible. They've been through so much that they won't even be alarmed if you come to the restaurant wearing a black/white cowboy hat with a pink shirt and green pants. At most, they'll probably chuckle to themselves, trying not to let you see.

Mature dates come from different age groups but the average is anywhere from thirty to forty-nine years of age. If you are a mature person who is looking for someone who has the same mind set as you, you can find out by asking them certain questions. A date is similar to an interview in many cases. Naturally, you'll want to inquire about their pet peeves, what they enjoy, and even their favorite foods.

One benefit of a mature date is that they ask questions about you. Because of this, you feel extremely important to them. Since they want to know information, it is a good chance they are interested. Make sure you meet them with the same level of interest. You can do this by looking into their eyes, asking them a question every now and then, or showing off certain qualities in yourself. Let your date know that you are someone who takes the relationship seriously and expect the same from them.

By doing this, they'll meet you with respect and dignity. You no longer have to worry about anyone running you down again. Push the people out of your life who aren't as mature as you are. It will save you a lot of time and stress.

The best thing about dating someone mature is that they've experienced a lot in their life. Most likely, they have gone through many types of relationship issues, health problems, and by now they know how to effectively handle issues at the work place. Older men and women tend to be more calm when it comes to dating. Many of them feel inclined to rush things because they feel that they are in the middle of their life. Also, seeing friends have kids and get married is not easy either. Like we discussed before - it is not a good idea to settle down while dating. First, you need to look for that diamond in the rough. Finding that special person who makes you happy is what makes dating worthwhile. Someone who has a calm and casual attitude while dating will make you feel at ease.



Wrapping Up

If you are an older mature adult and you think dating is out of the picture for you, think again! In today's day and age you do not even need to leave the house in order to meet new people. There is no point in continuing life lonely. Everyone desires a significant other and we all deserve one. Use the tips you read above and you are sure to have success in the dating game. Begin to have fun with your life and share your experiences with someone else. Have fun and good luck!

