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1. Younger men are increasingly interested in relationships with older women for sexual reasons, including the fact that these women are more experienced, less constrained by body issues, and know what they want.
  2. Younger men are attracted to older women because they desire to learn from their lived experiences which are, contrary to ageist social stereotypes, a source of knowledge and a valuable lessons regarding career success, travel, wellness, and mental health.
  3. Younger men and older women often have mutual interests in child-free relationships that do not involve children- older women may already have them or not desire them, and many young men do not aspire to the standard romantic narrative of becoming fathers and household heads.
  4. Older women desire younger men because they are typically fitter and more in tune with mental health and other lifestyle issues that matter to this group of women.
  5. Older women are often in the prime of their lives sexually, financially, career-wise, and in terms of their wellness/mental health, which is a powerful source of inspiration for the men they encounter as well as themselves as they cultivate sexual relationships that honour their creative, kinky, and pleasure-oriented desires.
  6. Acknowledging these shifts in the relationship and dating landscape is crucial to demystifying these relationships and replacing harmful sexist and ageist stereotypes with models of sexuality, intimacy, gender, and power that reflect the dynamic desires of younger men and older women in our society today.

\_\_\_\_\_ is a #1 \_\_\_\_\_ bestselling author and feminist cultural critic who blends social science and storytelling to help readers better understand why they feel what they feel, do what they do, and want what they want. She is the author of \_\_\_\_\_, \_\_\_\_\_, and the forthcoming \_\_\_\_\_, a memoir of open marriage, age/lessness, and adventure in LA.

\_\_\_\_\_ is an Associate Professor and Faculty Scholar in the School of Health Studies at Western University. Age hypogamy, swipe culture, and the anthropology of sex, gender, and health among marginalized groups are among her areas of research expertise. Her book \_\_\_\_\_ will be published in April 2024.

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