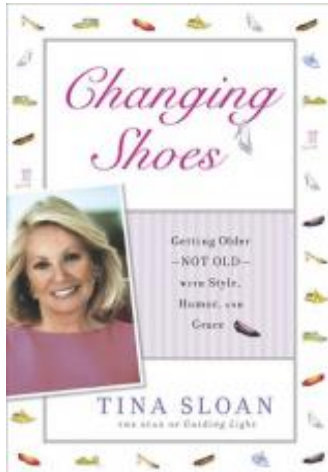


## Changing Shoes: Getting Older --- NOT OLD --- with Style, Humor and Grace

by Tina Sloan



### About the Book

After 26 years starring as nurse Lillian Raines on the hit soap opera *Guiding Light*, Tina Sloan knows a thing or two about surviving the pitfalls of growing older in front of the world. From depleted storylines, to transitioning from sizzling screen diva to a mature grandmother **Changing Shoes** shows that even TV grandmothers can have style and flair. Drawing from the lessons she has learned in her own life, Tina candidly shares her endearing, sensitive, and often funny, story of crossing into her next phase of her life. And, in doing so, she offers important tips on how to embrace womanhood with ease.

### Discussion Guide

1. How have you stayed in the game? What have you done to keep up with society's ever changing standards?
2. How have your romantic relationships changed over time? What have you done to keep the passion alive?
3. Have you had a "Tina" moment, where you asked yourself, "Where am I? Has anyone seen me?" (p. 82) If so, what did you do to find yourself? What led you to the point of realizing you had lost yourself?
4. Can you relate to Tina's experience of sticking out her career on *Guiding Light*? How did you change your attitude? Did you have the same success as Tina?
5. What do you feel is the purpose of your life? Has it changed over time? Did you ever have a time in your life where you struggled to find your purpose?
6. Do you have intergenerational friendships? If so, how do you relate and communicate with these friends? What does

the relationship add to your life? Does it change your perspective on life or how you feel about yourself?

**7.** Have you ever had a mentor in your life? Discuss how this relationship helped you navigate through life's unknown times. Have you ever mentored someone? How did this relationship change your sense of self?

**8.** How have you coped in times of crisis? Looking back, do you feel like you dealt with the situation well or would you have handled it differently?

**9.** How do you feel about Tina's "When List?" (p. 146-148) Do you feel prepared? If not, do you feel motivated to take some of Tina's suggestions? If so, which ones?

**10.** What walls have you hit in your life? (p. 164) What made you keep going? Were you able to scale the wall or did you have to readjust your goals?

**11.** What fears have been keeping you from doing something you've always wanted to do? If you have conquered fears in the past, discuss how this made you feel and what you were able to do.

**12.** Have you ever used something like a new pair of shoes to transform your outlook? If so, what was it that you used and how did it change your perspective?

### **Turn your Reading Group into a "Shoe Party"!**

**1.** Bring a pair of shoes that has an important meaning to you. Share that story with your reading group.

**2.** Bring pictures of the shoes in your closet or cut out pictures from magazines that represent different shoes you have owned to create a shoe collage.

**3.** Bring a new pair of white canvas shoes and different colored fabric pens. Have every guest of the Shoe Party sign each pair of shoes with a special message for each member of the group.

## **Author Bio**

For 26 years, Tina Sloan, played the role of nurse Lillian Raines on "Guiding Light," which aired its final episode in 2009 after a 72-year run on radio and television. Tina has appeared on many other television shows, including "Somerset," "Law & Order: SVU," and in a variety of feature films, including *The Brave One* and *Changing Lanes*. She is currently shooting two feature films and touring nationally in her acclaimed one-woman show, "Changing Shoes." She lives in New York.

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