

# Changing Shoes



Getting Older  
—NOT OLD—  
with Style,  
Humor, and  
Grace

TINA SLOAN

THE STAR OF *Guiding Light*

Tina Sloan

## Changing Shoes: Getting Older--Not Old--with Style, Humor, and Grace



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And, in doing this, she offers essential tips about how to embrace womanhood easily. From depleted storylines, to transitioning from sizzling screen diva to an adult grandmother Changing Shoes implies that even TV grandmothers can have design and flair. [View a Video](#)After twenty-six years starring as nurse Lillian Raines on the hit soap opera Guiding Light, Tina Sloan knows something or two about surviving the pitfalls of getting older in front of the world. Drawing from the lessons she has learned in her personal life, Tina candidly shares her endearing, sensitive, and often funny, story of crossing into her following phase of her lifestyle.



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Written by Tina Sloan (Lillian of Guiding Light fame) offers written an almost how exactly to book on what to expect as we grow older. Wonderfully Practical! Age is a number and not a state of brain! (I hate to think about all the missteps I would have made in life without her guidance!) She taught me never to provide up when no-one would have blamed me for doing this. She trained me that accurate beauty will not come from what is externally but from the glow that originates from within--although just a little make-up and the right sneakers help the glow shine brighter. Knowing her provides affected every choice I've made from plastic surgery to having a family group. In "Changing Shoes" she has done what anyone who has known her have begged her to accomplish, share her secrets with the world. Rather she takes us on her great adventures to other areas, sits us backstage at "Guiding Light" and truthfully recounts her struggles with family members, fear, weight and ageing. In typical Tina fashion, however, she doesn't lecture or provide boring facts and numbers. (I am 48 now) I would be ready to just ignore it natural. Reading "Changing Sneakers" is similar to having a sensible friend consider you by the hand and walk you later on of lifestyle. She taught me how to develop up and how exactly to grow older with grace, style and boldness. Tina Sloan played the beautiful, moral nurse, Lillian Raines Cooper on Guiding Light for 26 years until it's cancelation this past year. Tina has often looked this great even though I first started watching Guiding Light on religious basis since July 1991. Actually, Tina is a lovely person inside and out. And she TELLS IT. liked it.. Written with humour and a healthy attitude, Tina take the reader along for a fascinating ride. In Tina's age today, she looks much better than ever. I loved the stories approximately Guiding Light and approximately Beverlee McKinsey. You really can relate with so many elements of her tales. but Beth, truly placed and applied what was happening in her Television world vs. I am hoping that Tina gets the opportunities to act in Broadway or any stage because as a fan of Guiding Light, I really do miss her and the cast and crew of this show. A fantastic book by way of a fantastic lady Have you ever believed. Tina's decision to be an actress before learning to be a wife and mother and went toe to toe with her own parents before winning and becoming a successful actress in her own ideal.. ENJOY your "time" with Tina! NOW IS YOUR Possibility. Tina Sloan not only reveals riveting "inside" stories of her days as a soap opera celebrity and movie star, but also her real-life advice! I had the enjoyment of hanging out with Tina when she was in Austin for SXSW, and I was giving her rides about town. From my encounter, she could be a life trainer. Tina KNOWS. We was shocked that she was overlooked in the coffee shop by the actress, Beth Chamberlin, who played on her behalf daughter, Beth, for several years on the display. What a delight! To obtain a flavor of what I experienced when Tina was here, BUY and Go through Changing Shoes: Getting Older--Not Old--with Style, Humor, and Grace. "I wish I knew then what I know now"? Thanks to Beth for opening her bleeding, but OH~ so wonderful center sharing her ups and downs!! Best Read I have had in months Changing Shoes is about one person's life tale through the eyes of her shoes. Like having an excellent friend take you by the hand I have generally felt that knowing Tina has been like having my very own personal fairy Godmother. It's okay if we don't succumb to the cosmetic surgery or tinting of the hair.. I will admit I have dyed my hair dark brown for over 20 yrs. Unlike a great many other books by television personalities, "Changing Shoes" isn't about image, it really is a genuine look at fighting life's challenges, laughing at embarrassing moments and through everything "staying in the overall game". But this reserve dares you to end up being out of your safe place. I have to consider that as its out of my safe place. On another note due to my disability I've never been able to wear high heel shoes. But instead of shoes I have gather blazer jackets over a long time and like Tina's sneakers; They each have there own tale. All women youthful and old can purchase this publication... I got no idea it could leave such a tag on me. I only discovered who Tina Sloan is definitely when I was introduced to Guiding Light in its last year (it hardly ever aired in my country) and I liked the character Lillian. When I later learned Tina was writing a book I wanted to own it. I virtually went in thinking it will be an entertaining book however, not much more than that. Pleasant Surprise What a nice surprise this turned out to be! Tina writes truthfully about growing older with grace, using the analogy of choosing the right footwear to match life stages. Along the way she shares with us what she has learned and how she dealt with it all. Relationships, parents, children, work, depression, gaining weight, growing older and all the different sneakers we wear during these phases or moments. She clarifies how she experienced these things and provides us helpful tips to deal with them ourselves. I might only be 26 yrs . old and lack the knowledge she does, but there have been many things I possibly could relate to or simply empathize with. The tips I mentioned before; Personally, i see them

as equipment to help me deal with things I am going through in my own personal life and to help me turn my entire life around for the better. Sometimes you read something and it just 'clicks' - that's Changing Shoes for me personally. I can't speak for anyone else and I can't guarantee everyone will experience the same manner, but I can say with all my heart that is a reserve that must be browse by anyone who occasionally struggles with life or getting older. Great Book Great book for Guiding Light fans Five Stars Great read! Honest and Entertaining Fascinating! Tina Sloan was a hard-working actress for many years--and still were able to maintain a feeling of glamour that will go along with the role. In Changing Shoes or boots Tina virtually takes people by the hands and leads us through life while pointing out the thrilling, beautiful, disturbing and disappointing sights. I loved as soon as where she actually is asked about cosmetic surgery while filming a movie with Jodie Foster. 5-stars for honesty, relevancy, and reinvention--and getting older with incredible grace! Fantastic book It's very insightful, like the life span experience she shared. Makes me believe on growing in every area of my entire life etc etc changing shoes loved it. Tina enables you to laugh, cry, get angry and feel great, too. And males also to know what the women in their lives go through. It's how we feel about ourselves inside that count and how we come across to other people. viewed Tina sloan for many years upon the guiding light and it had been a nice book to start to see the other side of her. It had been a sensational revelation or the actual fact that she provides never had cosmetic surgery nor do she ever need as well. She sprinkled her wisdom, joie de vie, and accurate beauty on me like fairy dirt and transformed my entire life with it. I was both elated and saddened by this book...I had been viewing Guiding Light for a long time and years. I hope Tina will write even more books.. Probably that's what will keep veterans like Betty White colored, Cloris Leachman, Frances Bay, Angela Lansbury, and other actresses to keep functioning. Changing Shoes Totally wonderful read...and survived wonderfully!! her true to life with bare bone essentials. The kind of book to curl up with a big ol' snugly blanket and a sizzling glass of tea.. This book is a keeper in regards to a loving female who hardly ever let her age get her down. You don't feel like you're alone. Everyone should browse "Changing Shoes"!



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