

Schlopping™

Discussion Questions



1. Eyes are mentioned in different stories. What is the importance of eyes for Sheryl and for Yael?
2. What is the significance of the Halloween stories?
3. Discuss some of the issues that relate to public and private.
4. Sheryl writes about 'doing it differently', what does this mean? Does she succeed and if not, why not? Could she have handled things differently? Explain.
5. Yael also tried to do things differently. Are they the same things that Sheryl did? How would you have handled these things?
6. Sheryl and Yael both dealt with serious health issues. Discuss how it affected their self-image, their body shape, and their schlopping habits, etc.
7. What is the meaning of pregnancy baggage?
8. What are some of the secrets that Yael and Sheryl share with one another that were never discussed prior to writing the book?
9. What kind of mother-daughter relationship do you think Sheryl and Yael had when Yael was growing up; and now that Yael is an adult? Do you think that it changed over time and if so, in what ways?
10. Can you relate to any of the issues that Sheryl and Yael speak about, from either the perspective of a mother or a daughter? Are they similar or different from your own experiences, and if so, in what ways?
11. When Sheryl got the news of her father 'taking a turn for the worse' – she talks about shopping – how did that make you feel?
12. Sheryl and Yael both speak about vanity – What is meant by 'the other side of vanity'?
13. How do Sheryl and Yael define their femininity?
14. What is meant by schlopping in the closet and schlopping in the attic?
15. Why is schlopping for bras before surgery so important for Sheryl and Yael?
16. What is the concept of pay it forward and what lessons are learned?
17. Yael is a lawyer – what excerpts show this type of thinking?
18. What are some of the lessons that parents teach their children and children teach their parents?
19. Yael talks about things skipping a generation – what are some of the similarities between the grandmothers and their granddaughters that she refers to?
20. What life lessons can be learned from these stories?