

## “Bill Zechmann at Book Signing”

It's a book with 100 subtitles- all of them written by Bill Zechmann, a Norfolk businessman and radio personality. The book “Swimming Upstream-Principles for Living” was written in 100 sections with each piece written to stand on its own.

“The book includes little thoughts that I've had through the years. They are ways of looking at things that people don't think of,” Zechmann said.

Zechmann will be at a book signing at the Norfolk Public Library February 15, 2012 from 5:30-8:00 pm. He will give an hour talk and answer questions at that time about the book.

“The book is about self help and personal growth. It was written for teens to fifties but we have heard many others are benefiting from it,” Zechmann said.

There are books that were printed for pre release back in November. On January 31, they will be available for sale on the Amazon and Barnes and Noble websites.

“Our humanity is something that works against us. We have to adjust to our own human nature. It's weak. We all have habits that set in that we don't want in our lives. I write about how we can be victorious. I wrote about different angles we can work from that help us make positive changes,” Zechmann said.

People had been telling Zechmann for a long time that he needed to write a book so he listened to their suggestions, sat down at a computer and five weeks later had his first draft of the book written. It took another year to work through the publishing process.

The books will be available to buy at the library on February 15.