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“Bill Zechman Book Signing at Norfolk Public Library”



It's a book with 100 subtitles- all of them written by Bill Zechman, 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," Zechman said.

Zechman will be at a book signing at the Norfolk Public Library February 12, 2012 from 6:00-8:00 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. Although I can see teens and up learning from the book, anyone can benefit," Zechman said.

Although there are a few of his books that were printed the first of the year, on January 31, they will be available for sale on the

Amazon and Barnes and Noble websites.

"I believe in generally living our own humanity. We try to adjust to human nature. We all have habits set and everyone has something they don't want in their life. I write about how we can be victorious. I wrote about little angles," Zechman said.

People had been telling him 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 get it published.

"It all started when I was complaining about why I have to handle the problems I had when it came to me that I get to be the one dealing with these things. I was gifted for just these opportunities. It totally changed my attitude," Zechman said.

The books will be available to buy at the library on February 12.