



## ***My Life in Lists***

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# PRESS RELEASE

*My Life in Lists*

Tom Williams

Paperback, \$ 9.95

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## **My Life in Lists! Kansas City Author's Booklet Seeks to Engage Families**

(KANSAS CITY) What are the unique aspects of your life? That is the dramatic question at the heart of Kansas City-area resident Tom Williams' booklet, *My Life in Lists*, now available for purchase on Amazon.com and by order at area bookstores.

*My Life in Lists* asks you to write down, in list format, simply and directly, using single words or short phrases, a revelation of all the people who have affected your life; of activities performed, places been, wonders seen, opportunities given, skills acquired, accomplishments attained, and achievements rewarded. It can become a collection of self-recorded lists, in your own handwriting, presenting the uniqueness of your life — a life well lived. A life worth knowing. A life worth sharing.

Whether you are a pre-teen, teenager, and young person just beginning your life, or an adult with a job, career, family and responsibilities, or a senior citizen living out your seasoned years, your entries will provide priceless details to be cherished by yourself, all who know you now, and by those who may come to know you in future years.

Subjects entered into the booklet can form the basis of tales with which to stimulate the imaginations of curious progeny. Topics listed may offer refreshing reminders of times nearly forgotten. Notations can become a mini-compendium of one's life.

"Ultimately, I hope that *My Life in Lists* is used by families to share their memories with each other before minds become cloudy and lives are too soon lost."

*My Life in Lists* is available for purchase on Amazon.com and by order at all bookstores.

As more and more senior citizens move into Retirement, Senior Living, or Continuous Care Communities, for professionals working in senior living and care, the contents in each booklet may offer opportunities to engage individual residents. Visit [www.allwetpublishing.com](http://www.allwetpublishing.com) for more information and contact Tom Williams at (913) 378-7044 or email [allwetpublishing@att.net](mailto:allwetpublishing@att.net) to schedule an author interview.

# BOOK SYNOPSIS

*My Life in Lists* is a booklet for people of all ages, backgrounds, cultures, heritages, languages, and nationalities. It is designed for individuals to record, in list format, the people, places, and things throughout their lives – and then share with family, friends, and even historians. After an initial introduction, a person can create his or her own lists on nearly 100 blank pages. It is not meant to be a diary or a journal. Rather, it is intended to become a recorded compendium of one's life.

# BOOK EXCERPT

“This booklet was created with you in mind — a single place to list your life’s adventures and experiences, as well as the more routine.

It will become your autobiographical compendium, one’s chronicle of memories, a witness to times gone by, and a testimony for family. ... a revelation of all those who affected and influenced your life. Most of all, you will have documented your world.

Posted on the bottom of some pages are hints for consideration. They are neither all-encompassing nor must you use them.

Most pages are intentionally blank for you to annotate your own areas, interests, and subjects. Topics can be serious or nonsensical, intensely detailed or broadly vague. Your lists are not intended to be a diary in the traditional sense. Neither should they be likened to the written prose of a journal. Lists tend to be simple and direct.

Keep the booklet handy so you can add to existing content or create new. When completed, you will be able to offer, “This is *My Life in Lists*.””

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# TALKING WITH TOM WILLIAMS



Tom Williams has always been interested in family heritage and history. What were some of the more unique experiences and aspects of his parents and grandparents lives? Those little known, and often forgotten, remembrances that helped create what each family member became. If you will, the who, what, when, where, why and how of each person. The tales of lives well lived.

Tom's own experiences, the loss of his paternal and maternal grandparents before he was nine years old, as well as his father's last few months of life, provided the impetus for *My Life in Lists*.

Here, we talk with the author about the book and its creation.

(Note: The author's answers to these questions, as well as his comments in the Press Release included in this Media Kit, may be quoted without prior permission, but may not be revised or rephrased.)

## **Q. What inspired you to create *My Life in Lists*?**

**A.** Three events. First, my father spent the last few months of his life in a nursing home. It was facing his impending demise when I realized how much I wanted to know about his life, but did not. Second, I read where a father asked his son to select his favorite memory of each day and write it down. It was that dad's health care experience with his own mom, which was the root catalyst for implementing such a parental request. Third, I assessed my own life and realized just how exceptional it is – to have seen and accomplished things no one would ever know unless I created a list to share with family.

## **Q. What do you see as the book's core message?**

**A.** *My Life in Lists* is a vehicle individuals can use to share their lives with family.

For some people, what they know of grandparents, a dear aunt or uncle, a favorite cousin, or even parents, comes from 1,000 documents, in 100 locations, compiled by several sources - many of whom are strangers. How wonderful to have a person annotate much of his or her life, in their own handwriting, and share with loved ones.

Many families have relatives in assisted living facilities, nursing homes, or memory care units. Some caregivers create cue cards to aid residents with memory recall. A booklet like this, especially during family visitations, with hundreds of a loved one's self-recorded lists as

cues, might help keep memories alive.

It is not uncommon for one to take stock of one's life and ask, "What have I really accomplished?" Entries in a booklet like this may allow one to recall one's life, that over time was forgotten; to reminisce about experiences and marvel at what was learned, accomplished, and achieved -- and continue with awe as more tidbits of life are added.

***Q. Can you provide an example?***

**A.** As I mentioned before, like many families, my father was in a nursing home. He suffered from disruption of verbal motor skills and memory loss. In concert with my mom, speech therapists and health care staff created "cues" — aspects of dad's life that were important to him. These "memory joggers" were individual words and short phrases designed to make dad talk, thus exercise his vocal and throat muscles as well as aid in recollection.

One of my father's clues was "rattlesnake." When I asked him about it, he said that as a boy he heard if you make a rattler mad enough it would bite itself. He and his brother tried by tossing the reptile in the air. All was great fun until the falling snake brushed against dad's shoulder. Then it was not so entertaining. They left, the snake never biting itself. Had rattlesnake not been written down, I would have never known that encounter of his life.

My mom and brother, too, used dad's memory joggers.

***Q. Why use the idea of lists?***

**A.** Ever wonder about all the lists used every day -- without even thinking about it.

Electronic lists of Apps, contacts, websites, user-ids, and passwords. Work lists for meetings to convene, events to attend, calls to make, and schedules to follow. Home lists include "honey-do," groceries, kids' activities, and vacation plans. Graduation ceremony, wedding invitation, birth announcement, retirement party, Christmas, and birthday wish lists. Even lists of doctors to see and medications to take. All are such natural things to compile and easy to use.

So, why not list various aspects of one's life. Your life's uniqueness may be lost forever if not documented. Entries in this booklet may become a single source of significant importance to family, memory, or yourself.

***Q. How long did it take you to write the book?***

**A.** From start to finish – idea to publication – it took about 10 months. All that time I was reviewing and revising, and there was still work to do...copy-editing, proofreading, and book design are fairly intricate tasks.



**Q. What made you decide to publish the book yourself rather than seek a traditional publisher?**

**A.** I know that this can be a complex question for some authors. For me, an unknown and first-time author, it was a simple cost-benefit analysis. The lengthy trial and error process of acquiring a literary agent and seeking a traditional publishing house felt both time-consuming and likely to delay the book longer than I liked. It just didn't mesh well with my other commitments. Self-publishing was a better fit for me and for this particular subject.

**Q. What was the hardest part of writing the book?**

**A.** Like all writing, insuring what is written says what you want it to say, and means what you want it to mean.

**Q. What was the thing that surprised you most during the writing process?**

**A.** There isn't a lot of writing in this booklet. However, what surprised me most was its adaptability. With a little bit of wordsmithing, it can be tailored to different audiences. While I started out developing the work for use by seniors who were facing memory challenges, *My Life in Lists* is just as apropos for teens. Imagine a parent many years from now, with teens of his or her own, reviewing what they entered years ago as a teenager. Perhaps, the parent remembering the feelings and thoughts driving those entries will help with their own teens.

**Q. What piece of advice would you give to a writer just starting out?**

**A.** Listen to your trusted inner circle of counselors. Don't be afraid to stand your ground in the face of criticism, yet understand that sometimes, you may need to change how you approach the subject you are writing about to better serve the reader. As a former boss advised, "Tom, there are many paths to success."

**Q. Are you a reader? Are there a favorite few books you might recommend?**

**A.** Books I enjoy reflect a wide variety of time-periods and genres. *The Book of the Courtier* by Baldesar Castiglione, *The Canterbury Tales* by Geoffrey Chaucer, *Forever Amber* by Kathleen Winsor, and *Fahrenheit 451* by Ray Bradbury are all favorites.

**Q: Are you an author who likes meeting readers?**

**A.** While the writing process itself is necessarily solitary, I greatly enjoy the chance to talk with readers. That interaction offers opportunities to generate ideas for future works. Also, I schedule book talks and signings in the Kansas City area when possible—for information on upcoming events, check the Events page on my website <https://www.allwetpublishing.com>—and I welcome the chance to speak to book clubs and other groups. Just use the form on the website's Contact page to reach me; you'll hear back from me promptly unless I'm traveling, which may slow my response somewhat.

# AUTHOR BIOGRAPHY

**Abbreviated:** Tom Williams possesses a wide range of experiences in the public, private, and non-profit sectors. A disabled veteran, he was employed in a state social services department and later as a county emergency manager. In industry, he worked in corporate insurance followed by a high-end jewelry business. As an employee of two non-profit organizations, he trained volunteers and raised money. Tom rejoined the government and assisted communities across the world prepare for the challenges of terrorism. He is a graduate of the United States Military Academy at West Point and received *magna cum laude* honors in Public Policy and Administration graduate studies from the University of Kentucky. Tom and his wife Judy reside in Kansas. He can be reached through his website, <https://www.allwetpublishing.com>

**Full:** Tom Williams possesses a wide range of experiences in the public, private, and non-profit sectors. He worked in the Executive Branch of federal, state, and county governments, in corporate America, small businesses, internationally renowned charitable organizations, and as a government contractor.

To earn money for college Tom worked as a newspaper boy, a gravedigger, a farm hand, grocery bagger, jewelry store clerk, and in a steel foundry. After military service, he was employed in a state social services department and later as county emergency manager. In private industry, Tom worked for an insurance company and in customer service for a high-end jewelry business. As a volunteer and later employee of non-profit organizations, he helped people find jobs, performed fundraising activities, and trained volunteers to aid citizens affected by natural disasters. Tom rejoined the government helping communities face the challenges of terrorism and other crises like active shooters.

He is a disabled veteran who lived, served, traveled, and vacationed on six continents in more than forty countries. Tom has appeared on local morning television and noontime radio talk shows and has conducted crisis management seminars in Asia, Europe, and the United States.

Tom was born in the Sandhills region of western Nebraska. He attended private and public schools and, as was typical for young boys, participated in Scouting and played several sports. He earned a Bachelor of Science from the United States Military Academy, West Point, New York, and commissioning as a Second Lieutenant, United States Army. Tom achieved *magna cum laude* honors obtaining a Masters from the Martin School of Public Policy and Administration, University of Kentucky, Lexington, Kentucky.

Since his retirement, Tom has focused on writing. His first work, completed in 2015 and given to his family, was a 600-page, four-year effort tracing his family genealogy from their arrival in the New World in the late 1600s until today. His second book, *President You: How a Thoughtful Ordinary Citizen Could Change the Most Complex Government on Earth*, was published in 2019.

Tom, his wife Judy, and their Maine Coon cat “Nora” now reside in Kansas.

He can be reached via his website’s Contact page <https://www.allwetpublishing.com>



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