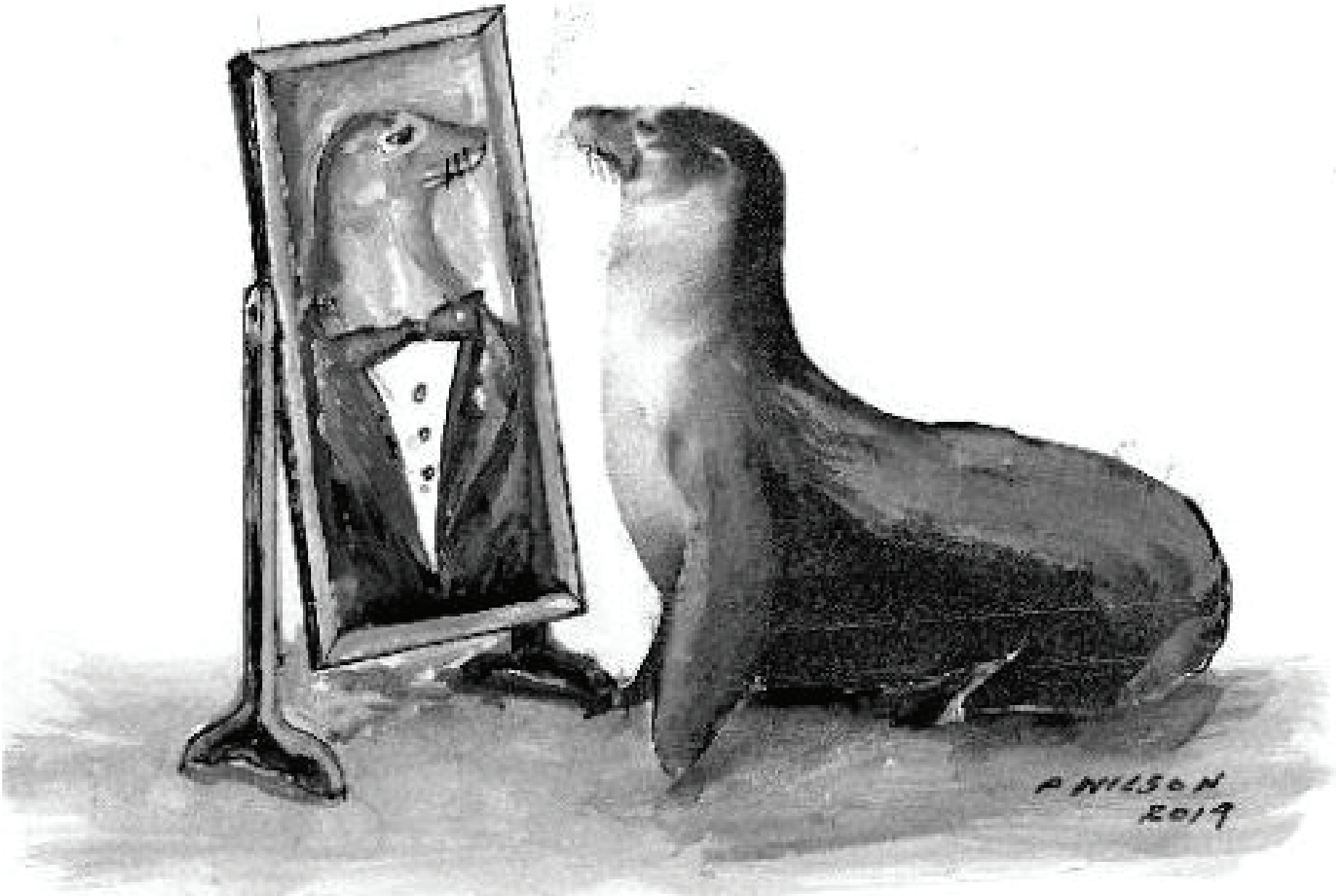


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WEEKEND BREAK

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Understanding ourselves through reflection



‘Waiting for the Bus in Long Beach’ offers insights, journal prompts

By ALYSSA EVANS
The Astorian

Long Beach resident Paul Wilson can finally check off an item from his bucket list: he’s a published e-book author.

Wilson, 80, recently released his first book, “Waiting for the Bus in Long Beach: About you, others, and where to go from here.”

“When I was a kid, all I did was wait for a bus. Nowadays kids don’t do that since they have iPads and whatever else,” Wilson said. “Waiting for the bus means something to me. We used to just sit and wait a lot. Life was waiting for something to happen.”

The book features dozens of short essays on topics like patience or anger. Each essay is followed by a set of reflection questions for the reader to relate the essay’s topics to themselves.

“The book will hopefully help readers more closely understand themselves, their thought processes, life choices and relationships,” Wilson said.

Wilson started writing the essays for the Peninsula Senior Activity Center’s monthly newsletter. About 12 essays originally published in the newsletter are included in the book.

“I was taken aback by how many people said they enjoyed them. It was a short collection at first but I decided to put it all out in a book, with 40 topics on different things,” Wilson said. “I go from one place to another in it, usually from one thought to another.”

The book’s topics are based on a variety of Wilson’s life experiences.

In one essay, he takes the concept of an eclipse and relates it to how people sometimes talk over one another, without listening to what is being said. In another essay, Wilson discusses how he learned the virtue of patience as a young boy waiting for the bus.

“They sort of accumulated. One seed suggested another. I could’ve probably put 80 topics in there,” Wilson said. “Toward the end I said, ‘That’s enough.’”

The book is sectioned into four themes: “Discovering Myself,” “About Others,” “Working With Others” and “Making Changes.”

“It’s never been my intention to preach to anyone. I really want people to start thinking about things,” Wilson said. “It’s meant for readers to think about something that’s the topic and relate it to their own lives. Hopefully they’ll read it and find an interesting point.”

Creating the book

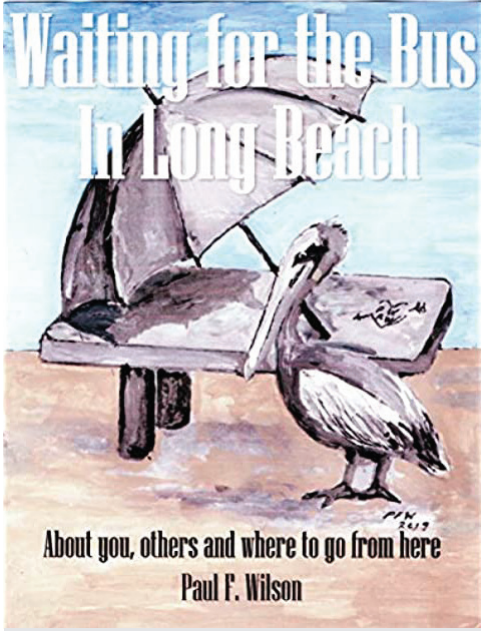
Wilson wrote, created the artwork and edited the book himself.

“I enjoyed doing it, writing the book and learning about the experience of publishing an e-book,” Wilson said. “I’ve had books published normally through a publisher but this is

totally different. It’s all on you. You don’t have editors and publisher heads, which might be good or might not.” Wilson spent about a year working on the book in segments.

“I’d put it aside then work on it. I didn’t have a deadline since I’m retired,” Wilson said. “If I had sat down I could’ve probably done it in a month but

See Book, Page B2



WHERE TO FIND IT

‘Waiting for the Bus in Long Beach: About you, others, and where to go from here’

By Paul Wilson

Amazon — \$9.95 e-book, \$12.95 paperback

The book’s chapter
‘Journey to Renewal’
features a pelican.

