A Nice Mix of Wisdom and Wit

Amazon Book Review Series of "Meandering Sobriety"

Sandra Soler

United States, December 13, 2024

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I had no idea what to expect when I picked up this book, but I'm glad I did! The author blends insights from everyday life with deeper perspectives. He touched a deep chord with his topic about the need for mental health treatment and our chaotic social media world.

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You can pick up the book whenever you need some time to reflect because it is written in digestible sections. The author's friendly tone keeps the content from becoming unduly difficult, even though there are some technical sections (like the mindsponge theory material). Get this book if you want to read something that will make you smile and think at the same time.

Screenshot. Review of "*Meandering Sobriety*" by Soler [1]. Reviewed in the United States on December 13, 2024.

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(*) Note: This paper reprints Soler's review [1] appearing on the Amazon page of the title [2].

References

[1] Soler, S. (2024, Dec. 13). A Nice Mix of Wisdom and Wit. https://www.amazon.com/gp/customer-reviews/R1BRIKSTOTP9FB/

[2] Vuong, Q. H. (2023). Meandering Sobriety. https://www.amazon.com/dp/B0C2TXNX6L/