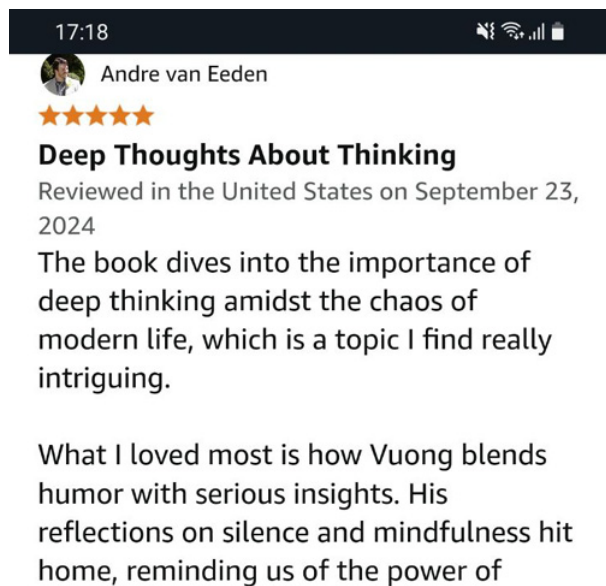


# Deep thoughts about thinking


*Andre van Eeden*

September 23, 2024

[Book Review]



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 Andre van Eeden

★★★★★

**Deep Thoughts About Thinking**

Reviewed in the United States on September 23, 2024

The book dives into the importance of deep thinking amidst the chaos of modern life, which is a topic I find really intriguing.

What I loved most is how Vuong blends humor with serious insights. His reflections on silence and mindfulness hit home, reminding us of the power of

**Screenshot.** Reviewed in the United States on September 23, 2024 [1]

The book [*Meandering Sobriety*] dives into the importance of deep thinking amidst the chaos of modern life [2], which is a topic I find really intriguing.

What I loved most is how Vuong blends humor with serious insights. His reflections on silence and mindfulness hit home, reminding us of the power of taking a step back and reflecting on our lives. I especially enjoyed his clever stories, like the sage outsmarting a king, which showed how quick thinking can really save the day.

I don't think this book is for everyone, though. It often veers into overly intellectual

territory, which doesn't really make for casual reading. But it's always interesting and always stimulating.

So if you're up for a stimulating read about a fascinating topic, this book is a great find. It will help you navigate the complexities of everyday living and make you really appreciate the value of calm, reasoned thought in a chaotic world.

(\*) Note: Andre van Eeden has worked as a Chemical Engineer doing research in advanced petrochemicals, and is currently a writer. Amazon page: <https://www.amazon.com/gp/profile/amzn1.account.AHLU7T7OYC5UBRTGJJULKSNDWMA/>

## References

[1] van Eeden A. (2024). Deep Thoughts About Thinking. <https://www.amazon.com/gp/customer-reviews/R3BSK9SQ6K6OTM/>

[2] Vuong QH. (2023). *Meandering Sobriety*. <https://www.amazon.com/dp/BOC2TXNX6L>

