

A collection of interesting thoughts to help spark... thinking

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October 16, 2023

**Note: This column reprints the book review for [Meandering Sobriety](#) [1] on Amazon.*

Author Quan-Hoang Vuong is a longtime and prolific social science researcher in Vietnam, so a book like this is a departure from his more traditional academic publications. He writes in the introduction that the book “helps show that thinking is worth thinking about” and hopes that it will “advocate nuanced thinking in everyday life as well as in professional activities.”



Photo: Dr. Nancy K. Napier (<https://www.nancyknapiers.com/>)

For me, this collection of short commentaries, observations, and stories from science, history, and his experience reveals how curious and wide-ranging his own thinking is. His observations confirm that he reads widely and deeply—from the past, from different disciplines, and from different countries and cultures. It's as though I had bumped into him at a coffee shop, and he said, "Did you know..." With that, he launches into the fascinating fact he just learned from reading journals like Biological Conservation, Science, or even the International Journal of Africa Nursing Sciences! I could sip coffee while he shares an interesting point or question that intrigues him. The book's stories and incidents read like remarks he could make as we let the world around us disappear, and instead, we have fun "thinking."

This is not a "how to think better" book. For me, it's more of an inspiration to observe widely, think about what I've seen in a little deeper manner, and enjoy a laugh or two. He claims he wants it to bring moments of calmness. Maybe, but I found it to be more of a fun way to spark some creativity... and thinking.



Helpful

Report



Nancy K. Napier, Author

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***Remark:** Dr. Nancy Napier has published several [books about Vietnam](#) (such as [2]), organizational creativity and culture, blogs for [Psychology Today](#), and writes a column for the Idaho Statesman. She has received two of Vietnam's top medals given to foreigners for contributions to education in Vietnam and for helping to build friendship between the U.S. and Vietnam. She is a Distinguished Professor Emerita at Boise State University (Idaho, U.S.).

References

[1] Vuong QH. (2023). *Meandering Sobriety*. <https://www.amazon.com/dp/B0C2TXNX6L>

[2] Napier NK, Ha DT. (2020). *The Bridge Generation of Viet Nam: Spanning Wartime to Boomtime*. CCI Press. <https://www.amazon.com/dp/B08GWT3CBH>

