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The Accidental Buddhist: Mindfulness, Enlightenment, and Sitting Still: Author: Dinty W. Moore: Publisher: Algonquin Books, 1997: ISBN: 1565121422, 9781565121423: Length: 208 pages: Subjects

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Both a lively introduction to this Eastern spiritual tradition and a colorful portrait of American society, *The Accidental Buddhist* “makes the oftentimes impenetrable concepts of Buddhism accessible to the reader and contains striking, and important, parallels and contrasts between [the author’s] own Catholic upbringing and ancient Buddhist traditions” (*Library Journal*).

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With humor and humility, Moore takes us into the physical and spiritual geography of Buddhism American-style: from Change Your Mind Day (a sort of annual Buddhist Woodstock in Central Park), to a weekend at a mountain retreat for corporate executives learning effective ways to cope with stress, to a visit with a Zen teacher holding classes in an old Quaker farmhouse, to a meeting with a

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