



# The Accidental Buddhist: Mindfulness, Enlightenment, and Sitting Still

*Dinty W. Moore*

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THE ACCIDENTAL BUDDHIST is the funny, provocative story of how Dinty Moore went looking for the faith he'd lost in what might seem the most unlikely of places: the ancient Eastern tradition of Buddhism. Moore demystifies and explains the contradictions and concepts of this most mystic-seeming of religious traditions. This plain-spoken, insightful look at the dharma in America will fascinate anyone curious about the wisdom of other cultures and other religions. "Sure of foot in complex terrain, and packing a blessedly down-to-earth sense of humor, Dinty Moore is the perfect scout for the new frontiers of American Buddhism."--Rodger Kamenetz, author of THE JEW IN THE LOTUS and STALKING ELIJAH.

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