

Author Vincent Casspriano writes, "Harold Zo's profound insight, gentle humor and deeply personal voice in these essays reads like an inspiring conversation with a wise, close friend. Zo is a rarity – a solitary Buddhist living in small town America. Even more rare, he expresses little angst about his isolation, choosing instead to admire and appreciate his mostly devout Christian neighbors, without compromising his own intellectually-sound and compassionately-heartfelt Buddhism in the process. Zo-Zen is an entertaining and enlightening bridge-builder." Essays include - The Accidental Buddhist: How One Small Town American Kid Fell Headlong Into the Dharma Stream, and More Than Three Decades Later, Is Still Swimming; 5 Ways Being Buddhist in Small Town America is Like Being Bigfoot; What Would Buddha Inject?: Buddhist Religious Objections to Mandatory Childhood Immunization; What Ails the World and its Very Simple Cure; This Buddhist's Faith: A Treatise on the Moving of Mountains; and Pale Blue Zen.

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