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April 16, 2011

Meet a Scientologist—Actor Bob Caso Calmly Navigates his Way in a High-Stress Industry

Bob Caso wasn't always as mellow as he is today, but Scientology helped him deal with his anger and increase his understanding and care for others. His video is one of 200 "Meet a Scientologist" videos available on the Scientology website at www.Scientology.org.

Actor Bob Caso noticed something strange about a fellow performer in Las Vegas in 1995—that the fellow wasn't strange.

"In an industry where most people are running around confused and without direction, this guy was never rattled and he didn't buckle under pressure. He always seemed calm and decisive," says Caso, 51. "He *handled* things. And it seemed like he was content and happy. I insisted on knowing how he did it."

The man, who was producing and acting in the show at the MGM Grand where Caso was performing, was a Scientologist. Caso immediately looked into the religion.

"And I have never *not* been a Scientologist since," he says.

"Being an actor can be rough," says Caso. "Auditions are often judgmental. Sometimes people say rotten things to you. There can be a lot of backstabbing, and you encounter those who are just cruel. Scientology helps me stay calm and not take it personally. And if someone is trying to do me in, I can spot it and steer clear."

Caso says Scientology has helped him and wife Linda, 48, in their own relationship and in raising their son, 19, and daughter, 14, who are excellent students and highly responsible young people.

"My wife and I never had any real problems in our marriage, but Scientology enhanced our relationship. I used to have this anger in me—I wasn't happy. Scientology calmed me down, which helped *her* a lot," he laughs. "It also helped us communicate better so we can work more as a team, not just as two separate individuals."

And the warmth and compassion he feels for others extends far beyond his immediate family.

"Scientology has taught me to appreciate, admire and love people more than ever. I understand what they're going through," he says.

"Scientology and Dianetics gave me my individuality back. It gave *me* back."

View the Bob Caso video at Scientology.org.

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The popular "Meet a Scientologist" profiles on the Church of Scientology International Video Channel at Scientology.org now total more than 200 broadcast-quality documentary videos featuring Scientologists from diverse locations and walks of life. The personal stories are told by Scientologists who are educators, teenagers, skydivers, a golf instructor, a hip-hop dancer, IT manager, stunt pilot, mothers, fathers, dentists, photographers, actors, musicians, fashion designers, engineers, students, business owners and more.

A digital pioneer and leader in the online religious community, in April 2008 the Church of Scientology became the first major religion to launch its own official YouTube Video Channel, which has now been viewed by millions of visitors.



Actor and Scientologist Bob Caso