During the Cold War, Finland followed a policy of "active neutrality" to keep itself from being drawn into the conflict. This policy was a response to the growing tension between the superpowers and the need to maintain peaceful relations with both sides. The US and EU were partly to blame for the situation, according to an American diplomat in Finland during the Cold War. The diplomat noted that the US and EU failed to grasp the situation in Finland and other countries in the region.

In the context of the Cold War, the Helsinki Accords were significant steps towards reducing Cold War tensions and as a major diplomatic boost for the Soviet Union at the eventual forming of the European Union. The Helsinki Accords were unique in the Cold War, and the book describes U.S. policy towards Finland during the Cold War, drawing on recently declassified U.S. diplomatic reports. The book analyzes key figures and events, providing insights into the diplomatic balancing act or anxious moments during the Cold War.

The book also discusses the Finnish-American special relationship, the role of the International Helsinki Federation and Human Rights Watch, and the role of the US diplomatic service in the peace process.

Overall, the book provides a comprehensive account of the Cold War in Finland, the policies and actions of the US and other countries, and the impact of these events on Finland's history and culture.
An American Diplomat in Finland During the Cold War. On The Finland Watch. An American Diplomat in Finland During the Cold War, Finland maintained its independence by implementing good-neighboring. J. F. Cooper, On The Finland Watch: An American Diplomat.