

Suggested Reading List for Bhutan

Books

In the Kingdom of the Thunder Dragon (*Joanna Lumley*)

Retracing her grandparents' footsteps across the breathtaking Himalayan kingdom of Bhutan, Joanna Lumley's account of her nostalgia-driven escapade, 'In the Kingdom of the Thunder Dragon' is a splendid tribute to the country and her family. Joanna's excursion has her trekking and riding on ponies daring mountain passes and verdant plains as she ambles along the countryside— documenting her experiences.

Married to Bhutan: How One Woman Got Lost, Said I Do, and Found Bliss (*Linda Leaming*)

Linda Leaming gifts us with an invaluable outlook about the peaceful and magnificent country of Bhutan in her memoir, 'Married to Bhutan: How One Woman Got Lost, Said I Do, and Found Bliss'. The writer's sojourn becomes the journey of her life as she falls in love with the place and its people. Entranced as she is by the natural grandeur, philosophy, culture and history of this tiny nation, Linda goes on to marry a Buddhist artist and adopting the Bhutanese way of living.

Bhutan: Himalayan Mountain Kingdom (*Françoise Pommaret*)

Françoise Pommaret's 'Bhutan: Himalayan Mountain Kingdom' is an engrossing introduction to the nation. The book invites us to the Land of the Peaceful Thunder Dragon with its beguiling countryside, glorious views of the eastern Himalayas and peaceful lifestyle. It offers a historical perspective into the mores of the Bhutanese society and is very informative about all things Bhutan.

Beyond the Sky and the Earth: A Journey into Bhutan (*Jamie Zeppa*)

A memorable account of the time spent in the country, 'Beyond the Sky and the Earth: A Journey into Bhutan' is Jamie Zeppa's joyous ode to the Himalayan realm. At the age of 24, she takes up a two-year teaching job in exquisite Trashigang in eastern Bhutan. Jamie's time there is challenging, life-transforming and idyllic. We see her face hardships, self-reflect, and understand the ethos of the exotic land as she finds herself enamoured of the culture, the history, the inhabitants and their spirituality.

Bhutan: The Land of Serenity (*Matthieu Ricard*)

'Bhutan: The Land of Serenity' is a book by Matthieu Ricard, a Buddhist monk, writer and photographer - one that broadens our horizons and explores the enchanting country of Bhutan. Its pages are filled with awe-inspiring depictions of the unspoiled landscapes that surround Ricard and his encounters, like studying with Dilgo Khyentse Rinpoche, a highly revered Tibetan Buddhist master, meeting the royal family of Bhutan, and participating in the day-to-day life of the locals.

A Splendid Isolation: Lessons on Happiness from the Kingdom of Bhutan (*Madeline Drexler*)

'A Splendid Isolation: Lessons on Happiness from the Kingdom of Bhutan' is written by Madeline Drexler, an award-winning journalist and author. The writer masterfully puts together a fascinating concoction of travel essays filled with nuances of cultural history and well-rounded observations about the land and its inhabitants. The book explores the concept and pursuit of happiness in a country that is predominantly Buddhist and is slowly opening up to materialism.

Under the Holy Lake: A Memoir of Eastern Bhutan (*Ken Haigh*)

'Under the Holy Lake: A Memoir of Eastern Bhutan' is written by Ken Haigh who takes on the odds of working in a remote country in Asia for two years. Facing culture shock at every turn of the road, Ken nonetheless manages to fall in love with Khaling in Eastern Bhutan where he volunteers as a school teacher. His recollections make the reader long for the serene valley dotted with old temples and a simpler way of life.