

BHUTAN READING GUIDE

This is a list of books and other resource materials that we feel best capture the vibrant history, culture, religion and other aspects of Bhutan. We hope these selected publications will enhance your knowledge and interest in the Kingdom of Bhutan. You can purchase any of these books and DVDs through the web at Longitude Books (www.longitudebooks.com); Amazon (www.amazon.com); Barnes and Noble (www.barnesandnoble.com); as well as Serindia Publications (www.serindia.com).

TRAVEL

Bhutan, The Land of Serenity by Matthieu Ricard
2009, HARD COVER 232 PAGES, \$45.00

Ricard, a Buddhist monk, photographer -- and French interpreter for the Dalai Lama -- draws on his time in Bhutan over the last 25 years for this intimate portrait. With illuminating chapters on the remarkable Khyentse Rinpoche, sacred art, architecture, dancing monks and ceremonies. Dedicated to Her Majesty the Queen Mother of Bhutan, Ashe Kesang Choeden Wangchuck and published in commemoration of the 100th anniversary of the birth of Khyentse Rinpoche, Ricard's mentor.

Material World, A Global Family Portrait by Paul Kennedy, Charles C. Mann, Peter Menzel
1995, PAPER, 255 PAGES, \$25.00

An inspired idea, this book documents 30 families around the world with all their possessions arrayed around them.

So Close to Heaven, The Vanishing Buddhist Kingdoms of the Himalayas by Barbara Crossette
1996, PAPER, 297 PAGES, \$16.00

A "New York Times" Asia correspondent writes
of Bhutan and neighboring kingdoms of Ladakh and Sikkim in the Himalayas, strongholds of Tantric Buddhism in an increasingly homogenized world.

The Jesuit and the Dragon: The Life of Father William Mackey in the Himalayan Kingdom of Bhutan
by Howard Solverson
1996, PAPER, 320 PAGES, \$18.00

The late Father William Mackey was a Jesuit priest who was instrumental in introducing western education in Bhutan in the 1960s.

Father Mackey, was accorded the highest civilian honor, the medal of the "Heart Son of Bhutan" by the Fourth King of Bhutan, His Majesty King Jigme Singye Wangchuck. A legend in Bhutan, there are many stories about this remarkable person who did not proselytize and in fact was proud to say that in all his many years living in Bhutan he never converted a single person, the Bhutanese being predominantly Buddhist.

Bhutan: Mountain Fortress of the Gods by Christian Schicklgruber and Francoise Pommaret
1997, HARD COVER, 276 PAGES, \$250

A vibrant collection of color photographs and informative essays on the sovereign Himalayan nation. The book provides a careful analysis of the country's traditions, religion and ethnicity.

Beyond the Sky and the Earth: A Journey into Bhutan by Jamie Zeppa
1999, PAPER, 303 PAGES, \$16.00

Tales of travel and discovery in a remote Himalayan kingdom. In this warm memoir, Zeppa recounts her time as a teacher in a remote village and her growing love and commitment to the Bhutanese culture and people.

Bhutan, Kingdom in the Himalaya by Sanjay Acharya
1999, HARD COVER, 96 PAGES, \$30.00

An oversized, illustrated account of the county by a writer and producer from Delhi who spent two years in Thimphu on a UNICEF project. It's an excellent introduction to the culture and character of Bhutan.

A Painter's Year in the Forests of Bhutan by A.K. Hellum
2001, PAPER, 148 PAGES, \$35.00

An informal account of a year in Bhutan, featuring paintings of 100 mountain plants, by a Norwegian born forestry consultant.

Himalayan Odyssey by David Samuel Robbins (Photographer)
2002, HARD COVER, 128 PAGES, \$65.00

Robbins's extraordinary color photos—each a full page—document daily life, landscapes, hardship, and celebrations across the High Himalaya. Not your usual tourist office pulp.

Dreams of the Peaceful Dragon by Katie Hickman
2002, PAPER, 192 PAGES, \$14.99

A slim personal account of travels in Bhutan, first published in 1987. Hickman, a British writer, describes her walk across Bhutan, describing the landscapes, monuments and especially the people she encounters en route. With a short section of color photographs by her traveling companion, Tom Owen Edmunds.

The Blessings of Bhutan by Russ and Blyth Carpenter
2002, PAPER, 192 PAGES, \$24.95

Head-over-heels in love with Bhutan, the husband-and-wife team introduces their adopted country, its people, customs, religion and history – in this meditative overview.

Bhutan, A Visual Odyssey Across the Last Himalayan Kingdom by Michael Hawley
2004, HARD COVER, 218 PAGES, \$100.00

Hawley's little big book, still an impressive five pounds, featuring hundreds of photographs of the landscapes, places, festivals and especially of the people of Bhutan. Drawn from the world's largest book, a 150-pound technical marvel.

The Raven Crown: the Origins of Buddhist Monarchy in Bhutan by Michael Aris
2005, HARD COVER, 160 PAGES, \$60.00

Back in print! A gorgeously illustrated history of the kingdom of Bhutan and its 20th-century monarchy, featuring 106 remarkable historic photographs, many never before published. In this definitive account, Michael Aris chronicles the Wangchuk dynasty's rise from turmoil and chaos to relative peace and stability.

Bhutan, Land of the Thunder Dragon by John Berthold
2005, HARD COVER, 162 PAGES, \$29.95

A striking portfolio of color photographs of the people, villages, annual religious festivals, landscapes and Buddhist traditions of Bhutan.

*In the Shadow of the Himalayas: A Photographic Record by John Claude White
1883-1908* by Kurt Meyer and Pamela Deuel Meyer
2005, HARD COVER, \$65.00

A collection of 144 remarkable documentary photographs of Tibet, Bhutan, Nepal, and Sikkim at the turn of the 20th century. John Claude White (1853-1918), the first British Political Officer to Sikkim, among his many adventures in the Himalayas, was the official photographer of the Younghusband Expedition.

Odyssey Guide Bhutan by Françoise Pommaret

2006, PAPER, 320 PAGES, \$22.95

A compact overview of Bhutan by a resident scholar, considerably enhanced by color photographs, well-chosen literary excerpts and many maps.

Bhutan Map by ITMB

2006, MAP, \$10.95

A double-sided traveler's map of Bhutan at an excellent scale of 1:380,000. With insets of Paro and Thimphu, index and trekking routes.

Bhutan, A Trekker's Guide by Bart Jordans

2006, SOFTCOVER, 331 PAGES, \$24.95

A compact, practical guide to 27 treks and walks throughout the Himalayan kingdom with color photographs and detailed sketch maps throughout. An experienced guide, Jordans includes an overview of the history and culture of Bhutan along with practical information. The bulk of the book is devoted to day-by-day route descriptions, including the 24-day Snowman/Lunana trek and treks in the Gankar Punsum valley.

The Legacy of a King: The Fourth Druk Gyalpo Jigme Singye Wangchuck

2007, HARDCOVER, 119 PAGES

This book is a tribute to the fourth king of Bhutan, His Majesty Jigme Singye Wangchuck, who stepped down from the throne in December 2006. The combination of vivid images and voices in this publication documents an unforgettable period in Bhutan's history and helps us appreciate a vision that became a reality. Published on the 52nd birth anniversary of the fourth king.

Lonely Planet Bhutan

2007, PAPER, 296 PAGES, \$24.99

A compact travel guide to Bhutan with a good overview of culture, history and nature, sketch maps, a section of color photographs and plenty of practical detail on sightseeing and treks.

Bhutan: Hidden Lands of Happiness by John Wehrheim

2008, HARD COVER, 280 PAGES, \$65

A notable combination of 108 black and white images narrated with stories, journal entries, folklore, dharma teachings and oral history. The book is a geographical and cultural passage from the yak pastures along the Tibetan border to the rice lands in central Bhutan. Guiding the reader through the districts of Paro, Thimphu, Punakha, Gasa, Laya, Lunana, Wangdi, Bumthang and Trongsa, the book reveals remote hot springs and isolated hermitages and ends in the streets and nightclubs of the country's capital, Thimphu Town.

Bhutan Birds by Yeshey Dorji

2008, HARDCOVER, 171 PAGES

Dedicated to the fourth king of Bhutan who was a dedicated conservationist of the environment and biodiversity in Bhutan, Yeshey Dorji puts together images of live birds in their natural habitats within Bhutan. This is the first of the 'Bhutan Bird' series. Each dzongkhag (district) has a chapter where the author divulges a brief background of the natural history before displaying the beautiful birds of the region.

The Dragon's Gift – The Sacred Arts of Bhutan (Various Contributors)

2008, HARD COVER, 400 PAGES, \$65

This catalogue accompanies *The Dragon's Gift: The Sacred Arts of Bhutan* exhibition launched by the Honolulu Academy of Arts, under the direction of Dr. Stephen Little. The book introduces over 100 of the most sacred Buddhist images, collected from active temples and monasteries in Bhutan. Contained within the catalogue is a DVD documenting a variety of extant dance lineages from the country. The images are accompanied by twelve essays contributed by leading Bhutanese and Western scholars covering various aspects of the Bhutanese arts.

Foods of the Kingdom of Bhutan by Ernest T. Nagamatsu and Erik Nagamatsu
2010, SOFTCOVER, 100 PAGES, \$20

“It puts Bhutanese cuisine in a flattering light, with its exhibition of the wild and organic vegetables like the patsha, fiddlehead fern, and the mushrooms that proudly decorate the book and the traditional wooden bowls. However, in the process, it almost evokes a sense of nostalgia, in the sense that most restaurants in Bhutan are dominated by Indian and Chinese cuisine.” – *Kuensel Newspaper*

Note: All proceeds from the sale of this book benefit the Bhutan Foundation and Tarayana Foundation; available in Bhutan

RELIGION

The Tibetan Book of the Dead, Liberation from Understanding the In Between by Robert Thurman
(Translator)

1994, PAPER, 275 PAGES, \$15.95

A key text as presented by Robert Thurman for a western audience. This is the Tibetan guidebook to dying or “the between,” written in the 8th or 9th century by Padma Sambhava.

Essential Tibetan Buddhism by Robert Thurman

1996, PAPER, 317 PAGES, \$14.95

A collection of recently translated texts by the foremost Western scholar of Tibetan Buddhism. Thurman has chosen well from the vibrant sacred literature of Tibet, and helpfully includes suggested further reading, explanatory notes and a directory of sacred sites.

The Life and Revelations of Pema Lingpa by Sarah Harding

2003, PAPER, 200 PAGES, \$14.95

A translation of the stories, meditations and discussions of Pema Lingpa (1450-1521), an important figure in Bhutanese religious history.

Turning the Mind Into an Ally by Sakyong Mipham

2004, PAPER, 234 PAGES, \$14.00

A guide to meditation and practical introduction to teachings of the Shambhala Buddhist community, which has strong ties to Bhutan.

The Tibetan Book of the Dead by Graham Coleman, Gyurme Dorje

2007, PAPER, 496 PAGES, \$20.00

The first complete English translation of an indispensable work on Tibetan religious beliefs.

BHUTANESE AUTHORS

Of Rainbows and Clouds, The Life of Yab Ugyen Dorji as Told to His Daughter by Ashi Dorji
Wangmo Wangchuck

1999, HARD COVER, 128 PAGES, \$39.95

A memoir of her father by one the four current queens of Bhutan. It’s a vivid, personal account of the Wangchuck dynasty—and of life and society in the Himalayan Kingdom—as told by the 70-year-old Yab Ugyen Dorji to his daughter.

What Makes you not a Buddhist by Jamyang Khyentse

2008, PAPER,

A very readable book that cuts to the core of Buddhism authored by a very influential Buddhist master, Dzongsar Jamyang Khyentse Rinpoche, who also is a filmmaker having produced and directed “*The Cup*” and *Traveler’s and Magicians*”.

Footprint Bhutan Handbook by Gyurme Dorje
2004, PAPER, 352 PAGES, \$21.95

An up-to-date practical guide by a Buddhist scholar and expert in the region, nicely balanced between a cultural and historical overview and travel detail. With 40 color maps.

The Circle of Karma, A Novel by Kunzang Choden
2005, PAPER, 328 PAGES, \$14.00

This lyrical novel, the first by a woman from the kingdom of Bhutan, explores the rituals, daily life and coming-of-age of a young Bhutanese girl, Tsomo. When her mother suddenly dies, Tsomo travels alone across Bhutan and into India.

The Treasures of the Thunder Dragon: A portrait of Bhutan by Ashi Dorji Wangmo Wangchuck
2006, HARD COVER, 224 PAGES, \$19.95

This book by Her Majesty the Queen of Bhutan provides unique and intimate insights into the Bhutanese culture and society, with vivid glimpse of life in Bhutan's villages and hamlets and monasteries and palaces.

Seeing with the Third Eye, Growing up with Angay in Rural Bhutan by T. Sangay Wangchuck
2006, PAPER, 176 PAGES, \$16.00

A memoir of rural Bhutan with a focus on nature and Buddhist traditions. Includes line drawings, dozens of color photos, and an informative glossary.

Within the Realm of Happiness by Kinley Dorji
2008, SOFT COVER, 209 PAGES, \$27

A collection of 13 short stories, memoirs, and essays representing Kinley Dorji's childhood memories, travel tales, and his reflections on the rapidly changing society in Bhutan. As Bhutan joins the modern world Kinley Dorji provides sensitive insights into the dilemmas that the people and society confront every day.

OTHER RESOURCES

Travellers and Magicians by Khyentse Norbu
2005, DVD, \$29.99

This feature film, the first shot entirely on location in Bhutan, follows the fate of Dondup, a young Bhutanese official in an isolated village. He is joined on his journey across Bhutan by an elderly apple peddler, a mischievous monk, an old man and his beautiful daughter.

Bhutan: Taking the Middle Path to Happiness by Tom Vendetti
2007, DVD, \$22.95

Tom Vendetti and his crew were one of the first western filmmakers permitted into the country to document the Himalayan Kingdom, where the people's happiness is the goal of the government. Based on the development philosophy of Gross National Happiness, the country and its people strive to strike a balance by taking the middle path approach to economic, cultural and spiritual development.