

## READING GUIDE

# Bhutan: A Journey into the Peaceful Kingdom

Here is a brief selection of favorite, new and hard-to-find books, prepared for your journey. For your convenience, you may call (800) 342-2164 to order these books directly from Longitude, a specialty mail-order book service. To order online, and to get the latest, most comprehensive selection of books for your voyage, go directly to <http://reading.longitudebooks.com/BJ2826>.

### Essential

*These 5 items are available as a package for \$123 including shipping, 15% off the retail price (Item no. EXBHU38). Any additional books ordered are shipped free.*

*Lonely Planet*

#### **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. (Item no. BHU11)

*Michael Aris*

#### **The Raven Crown: the Origins of Buddhist Monarchy in Bhutan**

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. (Item no. BHU02)

*Russ and Blyth Carpenter*

#### **The Blessings of Bhutan**

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. (Item no. BHU16)

*Barbara Crossette*

#### **So Close to Heaven, The Vanishing Buddhist Kingdoms of the Himalayas**

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. It's part travelogue and part history. (Item no. NPL04)

*ITMB*

#### **Bhutan Map**

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. (Item no. BHU06)

### Also Recommended

*Bart Jordans*

#### **Bhutan, A Trekker's Guide**

2006, FLEXI-BOUND, 331 PAGES, \$24.95

A compact, practical guide to 27 treks and walks throughout the mountain kingdom with color photographs and detailed sketch maps throughout. (Item no. BHU23)

*Michael Hawley*

#### **Bhutan, A Visual Odyssey Across the Last Himalayan Kingdom**

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. All proceeds from the book are donated by the publisher to education in Bhutan. (Item no. BHU20)

*John Berthold*

**Bhutan, Land of the Thunder Dragon**

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. (Item no. BHU21)

*Robert Thurman*

**Essential Tibetan Buddhism**

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. (Item no. TBT15)

*Bernardo Bertolucci*

**Little Buddha**

2005, DVD, \$14.99

Bertolucci's luminescent film interweaves the story of a journey from Seattle to Bhutan with the life of Siddharta. (Item no. HML74)

*Paul Kennedy, Charles C. Mann, Peter Menzel*

**Material World, A Global Family Portrait**

1995, PAPER, 255 PAGES, \$25.00

An inspired idea, this book documents 30 families around the world with all their possessions arrayed around them. (Item no. GEN02)

*Donald S. Lopez, Jr.*

**Religions of Tibet in Practice**

1997, PAPER, 560 PAGES, \$37.95

A collection of 36 essays and translated texts by scholars of Tibetan Buddhism, including selections on prayers, pilgrimages, death and ritual. (Item no. TBT16)

*Sarah Harding*

**The Life and Revelations of Pema Lingpa**

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. (Item no. BHU24)

*Graham Coleman, Gyurme Dorje*

**The Tibetan Book of the Dead**

2007, PAPER, 496 PAGES, \$20.00

The first complete English translation of an indispensable work on Tibetan religious beliefs. (Item no. TBT88)

*Sakyong Mipham*

**Turning the Mind Into an Ally**

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. (Item no. BHU25)

*Jamie Zeppa*

**Beyond the Sky and the Earth: A Journey into Bhutan**

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. (Item no. BHU08)

*T. Sangay Wangchuk*

**Seeing with the Third Eye, Growing up with Angay in Rural Bhutan**

2006, PAPER, 176 PAGES, \$16.00

A memoir of rural Bhutan with a focus on nature and Buddhist tradition. Includes line drawings, dozens of color photos, and an informative glossary. (Item no. BHU29)

*Ashi Dorji Wangmo Wangchuck*

**Treasures of the Thunder Dragon, A Portrait of Bhutan**

2007, HARD COVER, 224 PAGES, \$19.95

This memoir of the Buddhist kingdom, its people, traditions and history, by one of its queens, includes a 16-page section of color illustrations and photographs. (Item no. BHU28)

*Kunzang Choden*

**The Circle of Karma, A Novel**

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. (Item no. BHU26)

*Khyentse Norbu*

**Travellers and Magicians**

2005, DVD, \$29.99

This feature film, the first shot entirely on location in Bhutan, follows the fate of Donup, 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. (Item no. BHU22)

*A.K. Hellum*

**A Painter's Year in the Forests of Bhutan**

2001, PAPER, 148 PAGES, \$18.95

An informal account of travels, ecology and art in Bhutan, featuring paintings of 100 mountain plants by a Norwegian-born forestry consultant. (Item no. BHU14)

*Carol Inskipp, Tim Inskipp, Richard Grimmett*

**Birds of Bhutan**

2004, PAPER, 192 PAGES, \$29.95

A specialized field guide to 500 species of birds in Bhutan, featuring 70 stunning color plates along with good local information on habitats, birdwatching and conservation. (Item no. BHU12)

*Oleg Polunin, Adam Stainton*

**Concise Flowers of the Himalaya**

1998, PAPER, 424 PAGES, \$25.00

A condensed version of the classic Flowers of the Himalayas featuring the same 700 color photographs and 315 line drawings but with shorter descriptive information. (Item no. HML17)

*B. Grewal*

**Photographic Guide to Birds of the Himalayas**

1999, PAPER, 144 PAGES, \$15.95

A pocket guide to 250 birds found from the foothills up to high elevations ranging from the Hindu Kush and Kashmir to Arunachal Pradesh in the Eastern Himalayas. With brief descriptive information, maps and 260 full-color illustrations. (Item no. HML31)

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