**READING GUIDE**

**HIMALAYAN KINGDOMS**

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**ESSENTIAL**

Item EXHML82. Buy these 5 items as a set for $109 including shipping. 15% off the retail price. With free shipping on anything else you order.

- **Barbara Crossette**
  - *So Close to Heaven, The Vanishing Buddhist Kingdoms of the Himalayas*
    - 1996, PAPER, 297 PAGES, $16.95
    - Asia correspondent for the New York Times Crossette portrays Bhutan and neighboring Ladakh and Sikkim as strongholds of Tantric Buddhism in an increasingly homogenized world. (Item NPL04)

- **Broughton Coburn (Editor)**
  - *Himalaya*
    - 2006, HARD COVER, 256 PAGES, $35.00
    - This beautifully photographed overview of the geology, history and people of the Himalayas includes contributions by several Nat Geo photographers, plus introductions by Jimmy Carter and the Dalai Lama. (Item HML78)

- **Lonely Planet**
  - *Lonely Planet Nepal*
    - 2015, PAPER, 416 PAGES, $29.99
    - A comprehensive, practical guide to Nepal. (Item NPL28)

- **Francoise Pommaret**
  - *Odyssey Guide Bhutan*
    - 2009, PAPER, 326 PAGES, $23.95
    - An authoritative overview of the kingdom, enhanced by color photographs, well-chosen literary excerpts and many maps, this guide by Bhutan expert and ethnographer Pommaret is exceptionally good. With a general introduction to the history, geography, economy, flora and fauna, festivals and the arts. (Item BHU03)

- **Nelles**
  - *Himalaya Map*
    - 2011, MAP, PAGES, $13.95
    - A colorful regional map of the Himalayas at a scale of 1:1,500,000, including Nepal, Bhutan, Tibet and Sikkim. (Item HML09)

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**ALS0 RECOMMENDED**

- **Michael Buckley**
  - *Shangri-la: A Practical Guide to the Himalayan Dream*
    - 2008, PAPER, 191 PAGES, $25.99
    - With marvelous chapters on the many meanings and myths surrounding Shangri-La, Buckley's practical guide covers the contenders for this mythical Himalayan paradise in Southwest China, Tibet, Nepal, Sikkim and Bhutan. With many maps and color photographs. (Item HML84)

- **Peter Harrison**
  - *Fortress Monasteries of the Himalayas*
    - 2011, PAPER, 64 PAGES, $18.95
    - This slim book recreates the dramatic and colorful fortifications of Tibet, Ladakh, Nepal and Bhutan, recounting their history through foreign invasions, religious conflicts and civil wars to the Tibetan uprising and flight of the Dalai Lama from Potala Palace in 1959. (Item HML117)

- **Russ and Blyth Carpenter**
  - *The Blessings of Bhutan*
    - 2002, PAPER, 192 PAGES, $26.99
    - Head-over-heels in love with Bhutan, the Carpenter introduce their adopted home, its people, customs, religion and history. (Item BHU16)
Karma Phuntsho

The History of Bhutan
2014, HARD COVER, 661 PAGES, $50.00
This is the first book to offer a comprehensive history of Bhutan, a very young nation and the happiest country in Asia. (Item BHU43)

Michael Aris

The Raven Crown
2005, HARD COVER, 160 PAGES, $60.00
Aris chronicles the rise of the Wangchuk dynasty in this beautifully illustrated history of the kingdom and its 20th-century monarchy, featuring 106 rare photographs. (Item BHU02)

Dzongsar Jamyang Khyentse

What Makes You Not a Buddhist
2007, PAPER, 128 PAGES, $15.95
Born in Bhutan in 1961, a Tibetan lama and filmmaker (Travellers and Magicians), Khyentse gives a decidedly modern take on dharma, happiness, suffering and enlightenment in this engaging primer. (Item TBT96)

Peter Matthiessen

The Snow Leopard
2008, PAPER, 368 PAGES, $17.00
The most perceptive, acutely observed and personal of all his books, Matthiessen's account of a five-week journey through Nepal with naturalist George Schaller combines their quest for the elusive cat with a moving introduction to Buddhism and the people and culture of the Himalayas. (Item NPL03)

Kevin Grange

Beneath Blossom Rain
2011, PAPER, 352 PAGES, $19.95
From his arrival at Paro International Airport to the last of 11 mountain passes, 24 days and 216 miles later, Grange writes with verve of his adventures on his trek across Bhutan. (Item BHU38)

Jamie Zeppa

Beyond the Sky and the Earth
1999, PAPER, 303 PAGES, $16.00
Zeppa’s memoir of her time as a teacher in a remote Bhutanese village shows her growing love and commitment to the people and culture. (Item BHU08)

Linda Leaming

Married to Bhutan
2011, PAPER, 256 PAGES, $14.95
Enraptured by the customs, land and people of Bhutan, where she has lived and worked for ten years, Leaming writes with humor and candor about her often-bumpy cultural immersion, her romance with a Buddhist artist and her unexpected path to happiness. (Item BHU36)

Lisa Napoli

Radio Shangri-La
2012, PAPER, 304 PAGES, $15.00
Napoli writes with easy grace in this memoir of her time working on a fledgling Bhutanese radio station. With frankness and clarity she discusses the contradictions, poverty and reality of much mythologized Bhutan as it lurches into democracy and the modern world. (Item BHU35)

Jeff Greenwald

Snake Lake
2010, PAPER, 384 PAGES, $15.95
A touching memoir by journalist Greenwald who returns to his old haunts in Kathmandu during the Maoist uprising. He struggles to balance his journeying with obligations to his depressed brother back home in the United States. (Item NPL75)

James Hilton

Lost Horizon, A Novel
2012, PAPER, 272 PAGES, $14.99
First published in 1933, this novel (and subsequent movie) introduced the world to the Himalayan paradise of Shangri-La, which a group of Americans and Englishmen discover after a plane crash. (Item HML73)

Khyentse Norbu (Director)

Travellers and Magicians
2005, DVD, PAGES, $29.99
The first feature shot on location in Bhutan, this film, directed by a respected lama, follows a young official on his odyssey across the country. Along the way he is joined by a mischievous monk, an elderly peddler and an old man with his daughter. (Item BHU22)

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