



A Splendid Isolation: Lessons on Happiness from the Kingdom of Bhutan

Madeline Drexler

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What does Bhutan understand about happiness that the rest of the world does not? Award-winning journalist and author Madeline Drexler recently traveled to this Himalayan nation to discover how the audacious policy known as Gross National Happiness plays out in a fast-changing society where Buddhism is deeply rooted--but where the temptations and collateral damage of materialism are rising. Her reported essay blends lyrical travelogue, cultural history, personal insights, and provocative conversations with top policymakers, activists, bloggers, writers, artists, scholars, religious leaders, students, and ordinary citizens in many walks of life. This book is sure to fascinate readers interested in travel, Buddhism, progressive politics, and especially the study and practice of happiness. A Splendid Isolation was a Finalist in the 2015 Next Generation Indie Book Awards.

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Marjorie Ishee:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book might be option to fill your free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try look for book, may be the e-book untitled A Splendid Isolation: Lessons on Happiness from the Kingdom of Bhutan can be good book to read. May be it could be best activity to you.

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