**Background**


Lopez, Jr., Donald S. *The Story of Buddhism: A Concise Guide to Its History and Teachings*. HarperOne, 2009. *One of a number of good introductory books on Buddhism, The Story of Buddhism is marked by an approach that is thematic and synthetic rather than chronological.*

*A clear account of the history, doctrines, and major schools of Tibetan Buddhism.*

*Lengthy hagiography—attribution to his Tibetan consort—of the charismatic Indian tantric master who was instrumental in the introduction of Buddhism to Tibet and Bhutan.*

*Part memoir, part historical and cultural account of Bhutan, written by a former queen of the country.*

**Practicalities**

*Gives instructions on a range of Tibetan Buddhist meditations, some of which we will be practicing during the tour.*

*The best short travel guide to Bhutan, updated quite recently.*

**Film**

*Story of a brother and sister from a remote mountain village in Bhutan whose passion for the national sport of archery leads them on various adventures.*

*Prize-winning documentary about a soccer match held in Thimphu between the world’s two lowest-ranked teams at the time, Bhutan and Montserrat.*

*Picaresque tale of the journey through Bhutan of a young man smitten with the idea of moving to America. Inspired by a Japanese story by Yasunori Kawabata, the film is directed by a recognized reincarnate lama from Bhutan who is now a major Tibetan Buddhist teacher.*