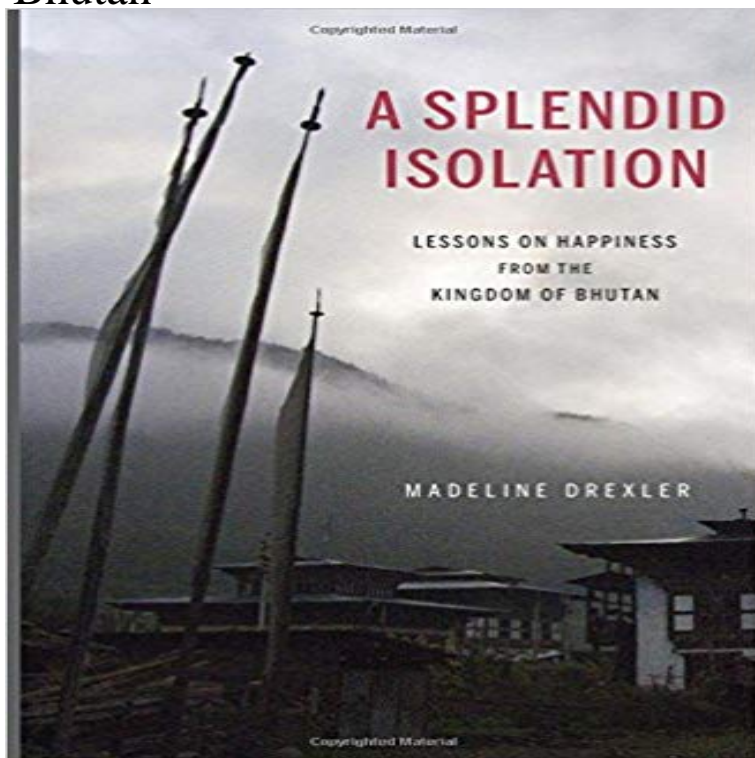


A Splendid Isolation: Lessons on Happiness from the Kingdom of Bhutan



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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