



A Field Guide to Happiness: What I Learned in Bhutan about Living, Loving, and Waking Up

Linda Leaming

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In the West, we have everything we could possibly need or want—except for peace of mind.

So writes Linda Leaming, a harried American who traveled from Nashville, Tennessee, to the rugged Himalayan nation of Bhutan—sometimes called the happiest place on Earth—to teach English and unlearn her politicized and polarized, energetic and impatient way of life.

In Bhutan if I have three things to do in a week, it's considered busy. In the U.S., I have at least three things to do between breakfast and lunch.

After losing her luggage immediately upon arrival, Leaming realized that she also had emotional baggage—a tendency toward inaction, a touch of self-absorption, and a hundred other trite, stupid, embarrassing, and inconsequential things—that needed to get lost as well.

Pack up ideas and feelings that tie you down and send you lead-footed down the wrong path. Put them in a metaphorical suitcase and sling it over a metaphorical bridge in your mind. Let the river take them away.

Forced by circumstance and her rustic surroundings to embrace a simplified life, Leaming made room for more useful beliefs. The thin air and hard climbs of her mountainous commute put her deeply in touch with her breath, helping her find focus and appreciation. The archaic, glacially paced bureaucracy of a Bhutanese bank taught her to go with the flow—and take up knitting. The ancient ritual of drinking tea brought tranquility, friendship, and, eventually, a husband. Each day, and each adventure, in her adopted home brought new insights and understandings to take back to frantic America, where she now practices the art of “simulating Bhutan.” This collection of stories, impressions, and suggestions is a little nudge, a push, a leg up into the rarefied air of paradise—of bright sunlight and beautiful views.

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Katie Johnson:

Playing with family in a park, coming to see the ocean world or hanging out with good friends is thing that usually you have done when you have spare time, in that case why you don't try factor that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love A Field Guide to Happiness: What I Learned in Bhutan about Living, Loving, and Waking Up, you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't have it, oh come on its named reading friends.

Catherine Benavidez:

As a student exactly feel bored to reading. If their teacher questioned them to go to the library in order to make summary for some reserve, they are complained. Just little students that has reading's heart and soul or real their leisure activity. They just do what the professor want, like asked to go to the library. They go to generally there but nothing reading critically. Any students feel that reading is not important, boring as well as can't see colorful images on there. Yeah, it is for being complicated. Book is very important for you personally. As we know that on this era, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. Therefore this A Field Guide to Happiness: What I Learned in Bhutan about Living, Loving, and Waking Up can make you feel more interested to read.

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