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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

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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

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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

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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

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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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daunting new experience. A week on a Caribbean beach had been her only previous trip outside Canada; Bhutan was on the other side of the world, one of the most isolated

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countries in the world known as the last Shangri-La, where little had changed in centuries and visits by foreigners were restricted. Clinging to her bags full of

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chocolate, hair conditioner and Immodium, she began the biggest challenge of her life, with no idea she would fall in love with the country and with a

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Bhutanese man, end up spending nine years in Bhutan, and begin a literary career with her account of this transformative journey. At her first posting in a

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remote village of eastern Bhutan, she is plunged into an overwhelmingly different culture with squalid Third World conditions and an impossible language. Her

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house has rats and fleas and she refuses to eat the local food, fearing the rampant deadly infections her overly protective grandfather warned her about. Gradually, however,

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her fear vanishes. She adjusts, begins to laugh, and is captivated by the pristine mountain scenery and the kind students in her grade 2 class. She also begins to discover

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for herself the spiritual serenity of Buddhism. A transfer to the government college of Sherubtse, where the housing conditions are comparatively luxurious

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and the students closer to her own age, gives her a deeper awareness of Bhutan's challenges: the lack of personal privacy, the pressure to conform, and the political

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tensions. However, her connection to Bhutan intensifies when she falls in love with a student, Tshewang, and finds herself pregnant. After a brief sojourn in Canada to

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give birth to her son, Pema Dorji, she marries Tshewang and makes Bhutan her home for another four years. Zeppa's personal essay about her culture shock on arriving in

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Bhutan won the 1996 CBC/Saturday Night literary competition and appeared in the magazine. She flew home to accept the prize, where people encouraged her to pursue

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her writing. Her letters from Bhutan also featured on CBC's Morningside. The book that grew out of this has been published in Canada and the United States to ecstatic

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reviews, followed by British, German, Dutch, Italian and Spanish editions. Although cultural differences finally separated Jamie and Tshewang in 1997 while

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she was writing the book and she returned to Canada, she will always feel at home in Bhutan. Zeppa shares her compelling insights into this land and culture, but

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wisdom, where people are genuinely happy with very few material possessions and the government embraces "Gross National Happiness" instead of Gross National Product. As

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one of the few Americans to have lived in Bhutan, Linda Leaming offers a rare glimpse at the peaceful mountain kingdom so many have only dreamed of. For over ten years,

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writes, "I think it is particularly possible here." The Bhutanese way of life—quieter, slower, and more tranquil—can seem daunting to most Westerners, consumed with

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