

The Ancient Art Of Tea Discover Happiness And Cont

A Beginner's Guide to Tasseography, or the Art of Tea Leaf Reading, presented by the Witches of Thorn and Moon, with a comprehensive guide to symbols, as well as tips and techniques to tap into your own intuition and interpret hidden messages in the bottom of your cup! The fine art of preparing and drinking tea has become a hallmark of Chinese civilization, handed down through the ages in China by monks and martial artists, doctors and hermits, emperors and alchemists. In his latest book, Daniel Reid explores Chinese tea in its manifold varieties, its long and colorful historical development in China, and its refinement as a mainstay of Chinese culture. He describes the principles that lie at the heart of tea culture in China, the potent medicinal properties of Chinese tea, and how to cultivate Cha Dao, the Daoist way of tea, in daily life. A central section of the book explores for the first time the alchemy of Chinese tea, an esoteric aspect of Chinese tea culture that remains unexplored by modern science but was known and cultivated in ancient China. Jin Dan, the ‘golden elixir of life’ is the elusive essence that resides dormant within tea (as in some other plants and minerals) and can be extracted, activated and transferred to the human system to protect health, prolong life, and enhance mental performance. The author looks at how and why this works, and explains the chemical transformations that take place as well as explaining the energetic transfer that takes place when tea is prepared by a Master. Illustrated with many photographs, by Christan Janzen, the book contains detailed descriptions of many Chinese tea varieties, especially the High Mountain Oolong Tea of Taiwan, which is considered by many to be the pinnacle of perfection in both the art and alchemy of Chinese tea. The book also contains entertaining tea anecdotes from the author’s ‘Tea Tidings’ bulletin, and a useful glossary of Chinese tea terms. Tea lovers, as well as those with an interest in tea culture, the Dao, and Chinese history and culture, will find this book an absorbing and revelatory read.

Puer tea has been grown for centuries in the Six Great Tea Mountains of Yunnan Province, and in Imperial China it was a prized commodity, traded to Tibet by horse or mule caravan via the so-called Tea Horse Road and presented as tribute to the emperor in Beijing. In the 1990s, as the teas noble lineage and unique process of aging and fermentation were rediscovered, it achieved cult status both in China and internationally. The tea became a favorite among urban connoisseurs who analyzed it in language comparable to that used in wine appreciation and paid skyrocketing prices. In 2007, however, local events and the international economic crisis caused the Puer market to collapse. Puer Tea traces the rise, climax, and crash of this phenomenon. With ethnographic attention to the spaces in which Puer tea is harvested, processed, traded, and consumed, anthropologist Jinghong Zhang constructs a vivid account of the transformation of a cottage handicraft into a major industrywith predictable risks and unexpected consequences. Watch the videos: http://www.washington.edu/uwpress/books/Zhang_PUER_TEA_videos.html

First published in 1985. The Chinese Art of Tea is an exploration into the history of tea and the Chinese art of tea, known as ch'a-shu. It is ideal for anyone with an interest in the history and art of drinking tea, and the social and cultural history of China.

Wisdom From the Old Chinese Tea Masters

Tales of the Tea Trade

The Ancient Art of Tea

Tea-Cup Reading and the Art of Fortune Telling by Tea Leaves

Homegrown Tea

Chinese Tea Culture

A Little Tea Book

Tea’s origin story is a mix of folklore, myths and facts. According to the Chinese literature sources, the tea was accidentally discovered in Shaanxi province (in 2737 BCE) by the emperor and father of Chinese medicine, Shen Nong (神農). The early use of tea was recorded in the ancient Bashu (巴蜀) area (modern Sichuan Province). As early as the Western Han Dynasty (漢朝), drinking tea in Bashu had become more common. Tea was often offered as a tribute to the emperors and imperial families. Although the tea culture existed long before the Tang Dynasty (唐朝), the tea was consumed in different ways. It wasn’t until the appearance of the Tea Classic of Lu Yu (茶經) in the Tang Dynasty that the way of drinking tea was changed. The tea culture further flourished in the Song Dynasty (宋朝). The existing Chinese tea culture (茶文化) represents the cultural characteristics formed during the tea drinking activities, including tea ceremony, tea virtue, tea spirit, tea book, tea set, tea painting, tea science, tea story, tea arts, and so on. Chinese tea culture combines the thoughts of Chinese Confucianism, Taoism, and Buddhism. Basically, China is the home of tea culture. The current book volume, Chinese Tea Culture, is a Chinese reading practice book. It would introduce you to the very important concepts of the Chinese tea culture, such as the tea ceremony, drinking Customs, equipment, etc. The six most famous tea types (茶類), such as the Red Tea, Green Tea, White Tea, etc. are also discussed in detail. As such, all these concepts are very essential part of life in China. The new volume in the “Introduction to Chinese Culture Series”, includes both the Chinese text (simplified characters) and pinyin. With about 1000 unique Chinese characters, the volume would be suitable for the beginners, lower intermediate and advanced level Chinese language learners (HSK 1-6). Overall, the reading series offers you a variety of elementary level books (Level 1/2/3) to learn Chinese culture as well as practice Chinese reading fast. Kindle: https://www.amazon.com/dp/B084M6HKDZ Paperback: https://www.amazon.com/dp/B084FXWCG6 The book has 16 chapters in the following order: Chapter 1: History of Chinese Tea (茶文化的歷史) Chapter 2: Lu Yu (陸羽) Chapter 3: Chinese Tea Culture (茶文化) Chapter 4: Chinese Tea Drinking Customs (茶飲習俗) Chapter 5: How to Taste Chinese Tea (茶之辨別) Chapter 6: Tapping Table to Say “Thank you” (茶之禮儀) Chapter 7: Chinese Tea Ceremony (茶禮) Chapter 8: Tea Ceremony Equipment (茶禮器具) Chapter 9: Six Major Tea Types in China (六大茶類) Chapter 10: Black Tea (黑茶) Chapter 11: Green Tea (綠茶) Chapter 12: Oolong Tea (烏龍茶) Chapter 13: Yellow Tea (黃茶) Chapter 14: Dark Tea (黑茶) Chapter 15: White Tea (白茶) Chapter 16: Pu’er Tea (普洱茶) More books are available on the author’s homepage: https://amzn.to/2ZnR4c9

Tea in China explores the contours of religious and cultural transformation in traditional China from the point of view of an everyday commodity and popular beverage. The work traces the development of tea drinking from its mythical origins to the nineteenth century and examines the changes in aesthetics, ritual, science, health, and knowledge that tea brought with it. The shift in drinking habits that occurred in late medieval China cannot be understood without an appreciation of the fact that Buddhist monks were responsible for not only changing people’s attitudes toward the intoxicating substance, but also the proliferation of tea drinking. Monks had enjoyed a long association with tea in South China, but it was not until Lu Yu’s compilation of the Chaijing (The Classic of Tea) and the spread of tea drinking by itinerant Chan monastics that tea culture became popular throughout the empire and beyond. Tea was important for maintaining long periods of meditation; it also provided inspiration for poets and profoundly affected the ways in which ideas were exchanged. Prior to the eighth century, the aristocratic drinking party had excluded monks from participating in elite culture. Over cups of tea, however, monks and literati could meet on equal footing and share in the same aesthetic values. Monks and scholars thus found common ground in the popular stimulant—one with few side effects that was easily obtainable and provided inspiration and energy for composing poetry and meditating. In addition, rituals associated with tea drinking were developed in Chan monasteries, aiding in the transformation of China’s sacred landscape at the popular and elite level. Pilgrimages to monasteries that grew their own tea were essential in the spread of tea culture, and some monasteries owned vast tea plantations. By the end of the ninth century, tea was a vital component in the Chinese economy and in everyday life. Tea in China transcends the boundaries of religious studies and cultural history as it draws on a broad range of materials—poetry, histories, liturgical texts, monastic regulations—many translated or analyzed for the first time. The book will be of interest to scholars of East Asia and all those concerned with the religious dimensions of commodity culture in the premodern world.

The author uses the ancient Zen tea ceremony to illustrate the relationship between relaxation, attentiveness, and meditation.

This book is a beautiful collection of quotes, pictures, and illustrations on the topic of tea. "If you are cold, tea will warm you. If you are too heated, it will cool you. If you are depressed, it will cheer you. If you are excited, it will calm you."—Gladstone Some of life’s greatest pleasures can be found in the simple things, and there is nothing more basic, yet wonderful than enjoying a steaming cup of tea on a damp, rainy day. Tea Wisdom is a masterful book of tea and a wonderful collection of tea quotes, drawn from different centuries and parts of the world, celebrating the ability of tea to calm the nerves, enliven the mind and strengthen the spirit. Covering the full range of a tea lover’s appreciation is this book. The book will be of interest to scholars of beverages, Tea Wisdom makes for a lovely treat. Included in Tea Wisdom are: Hundreds of delightful quotes about tea Wisdom from experts of Japanese tea, Chinese tea, Western tea and beyond Dozens of beautiful and unique photographs of tea and the tea ceremony Dozens of classical and original illustrations of tea Tea aficionados will find this book to be an indispensable part of their collection. Compact enough to fit easily on a table or in a handbag, but extensive enough to provide hours of enjoyment, Tea Wisdom is will soon have you reaching for another cup of tea.

The Chinese Art of Tea

Fortune-telling by Tea Leaves

Steeped in History

Tea

Empire of Tea

Ancient Caravans and Urban Chic

The Art of Tea

The Ancient Art of Tea is a delightful look at the philosophy, history, and culture of tea in China. The health benefits of tea, from green teas to white, oolong and black teas, are well known in our world today. How to create the perfect, healthy cup of tea is a process few people truly understand, making The Ancient Art of Tea a needed guide for tea lovers. Making a perfect cup of tea is a dynamic process that requires the right environment, good spring water, a suitable fire to boil water, skill in steeping tea, and deep understanding of tea connoisseurship. From a variety of ancient tea books comes a broader perspective and deeper insight into the topics that surround the tea drinking experience. The various types of tea in high regard for its medicinal and rejuvenating properties. They prized the teas that grew high in the mountains, in crags and crevices in the rocks. They believed that tea was best brewed with pure, clean, mountain spring water, and that fire should be from clean and natural sources since properly heated water would define the subtle tastes of the tea. Using the proper utensils enhanced the taste and experience of tea drinking. And they believed that where you had your tea, along with the people with whom you shared the experience, all determine the value of the tea. The Ancient Art of Tea contains vital information to assist tea drinkers in their quest for yet another pot of delicious tea. The book teaches the two fundamental secrets to tea as practiced in ancient China—technique and taste. These exemplify some of the concepts of the philosophy of tea, which greatly enhances tea enjoyment. Not only an exhaustive source of tea knowledge, The Ancient Art of Tea is also a significant volume in the study of Chinese tea and is sure to become a classic in itself.

An illustrated guide to tapping into your intuition through the simple act of sitting down to a cup of tea. Whether you’re wondering about career, finances, love, or health, Salem witches Sandra Mariah Wright and Leanne Marrama are here to help build your intuitive skills and transform your life. Reading the Leaves shows you how to: • brew your tea for specific purposes • interpret more than 200 time-tested symbols that are most likely to show up, such as hearts and anchors, and what their size, location, and relationship to other shapes mean • set an intention • create a regular tea ritual • keep a tea leaf reading journal • do a reading for family and friends • make their favorite tea time recipe

Accompanied by utensils to re-create the tea ceremony at home, including a traditional bowl and split bamboo whisk, this beautiful introduction to the ritual and meaning of the ancient Japanese tea ceremony explores the Zen spirituality behind the tradition and traces the history of tea.

Puer Tea

A History of Capitalism in China and India

How Tea Shaped the Modern World

Spilling the Tea

Yixing Pottery

Travels with the Last of the Himalayan Muleteers

Experience the World’s Finest Teas

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An illustrated introduction to the ancient culture of tea in China and its popularisation around the world. The last 10 years travelling the world sourcing fine single-estate teas for their business. Often travelling to remote corners of the world in search of tea, their travels have led them to meet and share tea, experiences and stories with many fascinating tea professionals. Their award-winning books in Dorset and Bath give them unique first-hand experience of the consumer-facing side of the tea. Winner of Bath Life Awards 2017 Best Cafe, they also supply independent retailers and restaurants around the UK with their finest tea.

The Way of Tea draws upon the wisdom of ancient writings to explain how modern tea lovers can bring peace and serenity to their time with a steaming mug of their favorite beverage—and how to carry that serenity with them throughout the day. Looking at all aspects of tea and the tea ceremony from a spiritual perspective, The Way of Tea shows readers how in the modern world the way of tea is not needed to be some somber religious ceremony, but can instead be a path for anyone to experience and share inner peace, relax the ego, and be free and open—an excellent recipe for a life well lived. Chapters include: The Tao of Tea The Veins of the Leaf Calm Joy Completion The Tea Space Living Reflections on the Way of Tea

The One Taste of Truth

A Religious and Cultural History

Discover the Secret of Happiness in a Perfect Cup of Tea

The China Tea Book

The Book of Korean Tea

Tasseomancy: The Ancient art of Tea Leaf Reading

Tea War

Homegrown Tea explains how to grow a large variety of plants in your own garden, on a balcony or even on a window sill could become your tea cupboard. It shows you how to grow your tea from seeds, cuttings, or small plants, as well as which parts of the plant are used to make tea. Liversidge lays out when and how to harvest your plants, as well as information on how to prepare the plant, including how to dry tea leaves in the tea you can store to last you throughout the year. As a guide to using tea to make you feel better, there are nutritional and medicinal benefits. Finally, there is an illustrated guide to show how to make up fresh and dried teabags and how to serve a delicious homegrown tea. It is sustainable way to look at a beverage, which is steeped in history and tradition. Sample drinks include well-known plants such as rose hips, mint, sage, hibiscus, and lavender, as well as more obscure ones like chirocy, angelica, apple geranium, and lemon verbena.

A history of capitalism in nineteenth- and twentieth-century China and India exploring the competition between their tea industries!Tea remains the world’s most popular commercial drink today, and at the turn of the twentieth century, it represented the largest export industry of both China and colonial India. In analyzing the global competition between Chinese and Indian tea, Andrew B. Liu challenges past economic histories premised on the technical “divergence” between the West and the Rest, arguing instead that seemingly traditional technologies and practices were central to modern capital accumulation across Asia. He shows how competitive pressures compelled Chinese merchants to adopt abstract, industrial conceptions of time, while colonial planters in India pushed for labor industry laws to support factory-style tea plantations. Further, characterizations of China and India as premodern backwaters, he explains, were themselves the historical result of new notions of political economy adopted by Chinese and Indian nationalists, who discovered that these abstract ideas corresponded to concrete social changes in their local surroundings. Together, these stories point toward a more flexible and globally oriented conceptualization of the history of capitalism in China and India.

Written in English by a Japanese scholar in 1906, ""The Book of Tea"" is an elegant attempt to explain the philosophy of the Japanese Tea Ceremony, with its Taoist and Zen Buddhist roots, to a Western audience in clear and simple terms. One of the most widely-read English works about Japan, it had a profound influence on western understanding of East Asian tradition.

""Tea has been one of the most popular commodities in the world. Over centuries, profits from its growth and sales funded wars and fueled colonization, and its cultivation brought about massive changes—in land use, labor systems, market practices, and social hierarchies—the effects of which are with us even today. A Thirst for Empire takes a vast and in-depth historical look at how men and women—through the tea industry in Europe, Asia, North America, and Africa—transformed global tastes and habits and in the process created our modern consumer society. As Erika Rappaport shows, between the seventeenth and twentieth centuries the boundaries of the tea industry and the British Empire overlapped but were never identical, and she highlights the economic, political, and cultural forces that enabled the British Empire to dominate—but never entirely control—the worldwide production, trade, and consumption of tea. Rappaport delves into how Europeans adopted, appropriated, and altered Chinese tea culture to build a widespread demand for tea in Britain and other global markets and a plantation-based economy in South Asia and Africa. Tea was among the earliest colonial industries in which merchants, planters, promoters, and retailers used imperial resources to pay for global advertising and political lobbying. The commercial model that tea inspired still exists and is vital for understanding how politics and publicity influence the international economy ...""–Jacket.

Tea in China

A Thirst for Empire

Chinese Tea

The Art and Alchemy of Chinese Tea

A Practical Guide to the Ancient Art of Tasseography

The Way of Tea, Tea as a Way of Life

The World in Your Cup

In this enchanting debut YA fantasy, a young tea-maker travels to the capital city to take part in a cutthroat magical competition that could be the key to saving her sister's life.

Although tea had been known and consumed in China and Japan for centuries, it was only in the seventeenth century that Londoners first began drinking it. Over the next two hundred years, its stimulating properties seduced all of British society, as tea found its way into cottages and castles alike. One of the first truly global commodities and now the world's most popular drink, tea has also, today, come to epitomize British culture and identity. This impressively detailed book offers a rich cultural history of tea, from its ancient origins in China to its spread around the world. The authors recount tea's arrival in London and follow its increasing salability and import via the East India Company throughout the eighteenth century, inaugurating the first regular exchange—both commercial and cultural—between China and Britain. They look at European scientists' struggles to understand tea's history and medicinal properties, and they recount the ways its delicate flavor and exotic preparation have enchanted poets and artists. Exploring everything from its everyday use in social settings to the political and economic controversies it has stirred—such as the Boston Tea Party and the First Opium War—they offer a multilayered look at what was ultimately an imperial industry, a collusion—and often clash—between the world's greatest powers over control of a simple beverage that has become an enduring passion.

Age-old wisdom by a Szechwan scholar from 1881 on how to read tea leaves, with ten illustrations to help guide the beginning reader. A book that defies age in its visions, it contains a list of omens, both good and bad, laid out in simple terms to help the everyday person interpret patterns found in tea leaves.

From tea guru Sebastian Beckwith and New York Times bestsellers Caroline Paul and Wendy MacNaughton comes the essential guide to exploring and enjoying the vast world of tea. Tea, the most popular beverage in the world after water, has brought nations to war, defined cultures, bankrupted coffers, and toppled kings. And yet in many ways this fragrantly comforting and storied brew remains elusive, even to its devotees. As down-to-earth yet stylishly refined as the drink itself, A Little Tea Book submerges readers into tea, exploring its varieties, subtleties, and pleasures right down to the process of selecting and brewing the perfect cup. From orange pekoe to pu-erh, tea expert Sebastian Beckwith provides surprising tips, fun facts, and flavorful recipes to launch dabblers and connoisseurs alike on a journey of taste and appreciation. Along with writer and fellow tea-enthusiast Caroline Paul, Beckwith walks us through the cultural and political history of the elixir that has touched every corner of the world.

Featuring featuring charming, colorful charts, graphs, and illustrations by bestselling illustrator Wendy MacNaughton and Beckwith's sumptuous photographs, A Little Tea Book is a friendly, handsome, and illuminating primer with a dash of sass and sophistication. Cheers!

Way of Tea

Fortunes in a Tea Cup

Tasseography - The Art of Tea Leaf Reading

Reviving an Ancient Art for a New Generation

Meditations to Awaken Your Spirit

Ancient Art of Tea

The Book of Tea

From chai to oolong to sencha, tea is one of the world’s most popular beverages. Perhaps that is because it is a unique and adaptable drink, consumed in many different varieties by cultures across the globe and in many different settings, from the intricate traditions of Japanese teahouses to the elegant tearooms of Britain to the verandas of the deep South. In Tea food historianHelen Saberi explores this rich and fascinating history. Saberi looks at the economic and social uses of tea, such as its use as a currency during the Tang Dynasty and 1913 creation of a tea dance called “The Dansant” that combined tea and tango. Saberi also explores where and how tea is grown around the world and how customs and traditions surrounding the beverage have evolved from its legendary origins to its present-day popularity. Featuring vivid images of teacups, plants, tearooms, and teahouses as well as recipes for both drinking tea and using it as a flavoring, Tea will engage the senses while providing a history of tea and its uses.

For beginners and long-time tea lovers alike, this engaging book explains the practice of tasseomancy, or reading tea leaves. The hands-on exercises and activities are complemented by background information on the history of tea, growing tea plants, tea drying and processing, and the best equipment and techniques for brewing. Rather than the mystical focus usually associated with reading tea leaves, this presentation emphasizes rational and intuitive processes such as learning old traditions, observing carefully, finding patterns, and enjoying a few minutes of concentration.

Michelle and Rob Comins, co-founders of Comins Tea, a family run direct-trade tea merchants, have spent the last 10 years travelling the world sourcing fine single-estate teas for their business. Often travelling to remote corners of the world in search of tea, their travels have led them to meet and share tea, experiences and stories with many fascinating tea professionals. Their award-winning books in Dorset and Bath give them unique first-hand experience of the consumer-facing side of the tea. Winner of Bath Life Awards 2017 Best Cafe, they also supply independent retailers and restaurants around the UK with their finest tea.

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The Tea Book

Cha Dao

An Intuitive Guide to the Ancient Art and Modern Magic of Tea Leaf Divination

An Illustrated Guide to Planting, Harvesting, and Blending Teas and Tisanes

The Tea Ceremony

Reading the Leaves

Guide to the highly popular Yixing style of Chinese pottery

This heartfelt ode to the meditative practice of drinking tea examines the origins of traditional tea culture in the East, revealing how a good cuppa can elevate both the mind and spirit Traditionally in China and Japan, drinking a cup of tea was an opportunity for contemplation, meditation, and an elevation of mind and spirit. Here, renowned translator William Scott Wilson distills what is singular and precious about this traditional tea culture, and he explores the fascinating connection between Zen and tea drinking. He unpacks the most common phrases from Zen and Chinese philosophy—usually found in Asia printed on hanging scrolls in tea rooms, restaurant alcoves, family rooms, and martial arts dojos—that have traditionally served as points of contemplation to encourage the appropriate atmosphere for drinking tea or silent meditation. Part history, part philosophy, part inspirational guide, The One Taste of Truth will connect you to the distinctive pleasure of sipping tea and allowing it to transport your mind and thoughts. This beautifully written book will appeal to tea lovers and anyone interested in tea culture, Chinese philosophy, and Zen.

Eleven distinguished food historians and over 300 colorful illustrations trace the impact of tea from its discovery in ancient China to the present-day tea plantations of Assam, and reveal the multitude of ways tea has figured in the visual and literary arts.

The Asian Leaf that Conquered the World

A Global History

Wisdom From the Ancient Chinese Tea Masters

Art of Tea

Reflections on a Life with Tea

Inspirational Quotes and Quips About the World's Most Celebrated Beverage

A Guide to the History, Culture and Philosophy of Korean Tea and the Tea Ceremony