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## The Ancient Art of Tea: Wisdom From the Old Chinese Tea Masters (Hardback)

By Warren Peltier

Tuttle Publishing, United States, 2011. Hardback. Condition: New. Language: English . Brand New Book. 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 genuinely 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, clear 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 ancient Chinese held tea and 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...



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