



The Ancient art of Tea: Wisdom From the Ancient Chinese Tea Masters

Warren Peltier

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***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.

The Ancient Art of Tea contains vital information to assist tea drinkers in their quest for yet another pot of delicious tea. This book teaches the two fundamental secrets to tea as practiced in ancient China—technique and taste. These exemplify some of the basic 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 very important volume in the study of Chinese tea and is sure to become a classic in itself.

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