

What Is Tea Anyway? (The Tea Companion Book 2)

By Corey Walden



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Tea is the second most consumed liquid on earth, only after water. It contains legendary health benefits from increasing our metabolism, to helping prevent cancer, these legends now confirmed by modern science. Tea extends thousands of years into our history, richly intertwining with civilization since the dawn of our existence as a settled people. Humanities love affair with this complex and sensual liquor is just as old. From elaborate ritual Japanese tea ceremonies to English tea time, and everything between, the allure and complexity it offers surpasses even that of beer and wine.

What Is Tea Anyway? takes the reader through what tea actually is, how it is made, the differences between the numerous kinds of tea, and different tools and implements that are used to secure the perfect cup of tea. Illuminating for newly initiated tea enthusiasts as well as veterans of this subtle art, you will be guided into the world of tea.

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What Is Tea Anyway? (The Tea Companion Book 2) By Corey Walden Bibliography

- Sales Rank: #1329206 in eBooks
- Published on: 2013-06-17
- Released on: 2013-06-17
- Format: Kindle eBook

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