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# The Spirit of Tea

Frank Murphy



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## The Spirit of Tea

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The Spirit of Tea is a radical departure from all of the tea books on the market today. It touches upon tea's transcendental nature that no book has yet examined. While a lot is written about tea's healing benefits and curative properties, tea's more spiritual and mystical attributes gets little attention. The author was motivated to write this book because of the profound absence of information in this area. What is it that keeps us coming back to humanity's favorite beverage next to water. Forget about English tea, cucumber sandwiches and petite fours. You won't find them here because controversial aspects of tea's intrinsic qualities are discussed. Myths about tea are debunked while others are reanimated while the reader is also given practical information, including the history and characteristics, special properties and features of the sixclassical catagories of tea: White, Yellow, Green, Oolong, Black (or Red in China), and Puerh teas. All are explained in great detail with information their varieties, their traditions, the nature of each, brewing techniques, along with an fascinating narrative. (1166)

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