



# Tea Here Now: Relax and Rejuvenate with a Tea Lifestyle - Rituals, Remedies, and Meditations

*Donna Fellman, Lhasha Tizer*

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Tea Here Now demonstrates how tea and the simple act of preparing a cup of tea can give drinkers a taste of enlightenment. Written for the average person who wishes to infuse accessible, uncomplicated spirituality and mindfulness into his or her tea drinking, the book explores the health benefits, spiritual practices, and lifestyle-enhancing properties associated with the world's major blends, in the process creating a practical guidebook for the "tea lifestyle." Topics include the little-known history and mythology of tea, health benefits, information on tea blends, tips and techniques for brewing the best cup, spiritual and meditation practices that complement and enhance tea drinking, practical ideas for carrying the spirit of tea into all aspects of one's life (relationships, business, mental health, etc.), old and new rituals to bring meaning and enjoyment to tea drinking, food pairings for tea, and inspirational quotes.

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