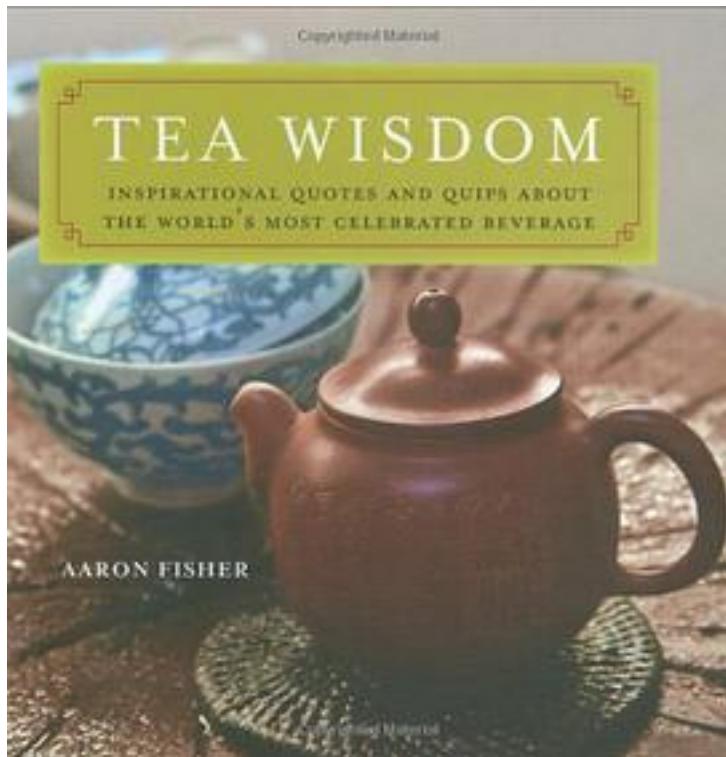


Tea Wisdom



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著者:Aaron Fisher

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Tea has been celebrated for its ability to calm the nerves, enliven the mind, and strengthen the spirit since man first put pen to paper. "Tea Wisdom" collects the best of these quotes - from the wise ancients of the East to the most celebrated of Western statesmen and writers - for you to ponder as you sit comfortably with a steaming cup of your favorite tea. You can read a particular chapter devoted to one of tea's noteworthy qualities or open it at random to any page to increase your appreciation for the world's most popular drink and the many benefits its mindful consumption can bring to your life.

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