



The Ancient Art of Tea: Wisdom From the Old 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.

From a variety of ancient tea books comes a broader perspective and deeper insight into the topics that surround the tea drinking experience. The ancient Chinese held tea and the various types of tea in high regard for its medicinal and rejuvenative properties. They prized the teas that grew high on the mountains, in crags and crevices in the rocks. They believed that tea was best brewed with pure, clean, mountain spring water, and that fire should be from clean and natural sources since properly heated water would define the subtle tastes of the tea. Using the proper utensils enhanced the taste and experience of tea drinking. And they believed that where you had your tea, along with the people with whom you shared the experience, all determine the value of the tea.

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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