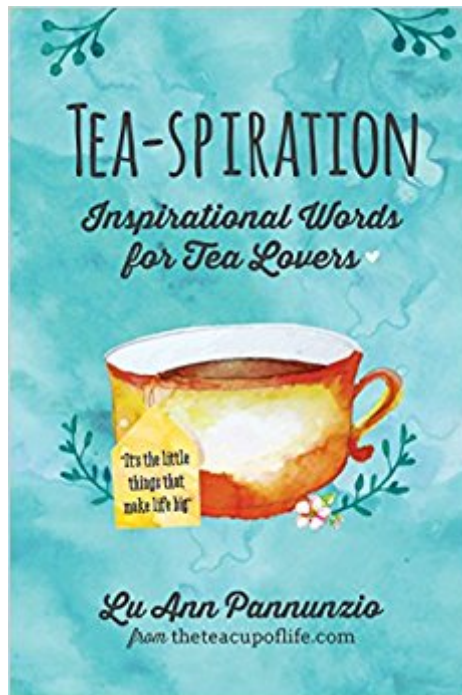




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Tea-spiration: Inspirational Words For Tea Lovers



Synopsis

Looking for unique gifts for women? Tea-spiration, may be just what you're looking for! The tea lovers book: Tea-spiration aims to create a quiet movement where one can experience devotions, comfort, inspiration and the simple joys of life. Tea drinkers know that tea, the wonderful drink, can help them slow down and savor life's moments. Unique gifts for women: In her debut book, Lu Ann Pannunzio (<http://theteacupoflife.com/>), uplifts and inspires readers in a way that does more than just telling them a story about tea and its history. As in life, tea is about the little things we need to experience (devotions, inspiration, reflection, comfort). Each page of Tea-spiration is filled with feelings and moments (big or small) that tea enhances; simple joys that not everyone may notice or take the time to savor. Sometimes all you really need is a cup, water and some leaves to create your own wonderful cup of tea experience. So, take pleasure in this tea lovers book, along with that special cup of tea, and stop and appreciate the simple joys of life!

Book Information

Paperback: 135 pages

Publisher: Mango (November 8, 2016)

Language: English

ISBN-10: 163353295X

ISBN-13: 978-1633532953

Product Dimensions: 4.1 x 0.3 x 5.9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #777,570 in Books (See Top 100 in Books) #179 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea](#) #303 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Coffee & Tea](#) #490 in [Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy](#)

Customer Reviews

“Forget what you've been told about tea, all those dos and don'ts. Tea-spiration takes the practice of appreciating tea back to basics. Lu Ann offers practical tips on how to get the most out of a cup of tea, and shows us how any tea drinker is already a tea expert.” - Bonnie Eng, Thirsty for Tea blog

Reading Tea-spiration brought me the same feeling as sipping a fresh cup of tea, soothing and mind-opening. The nonjudgmental notion Lu Ann poured into her writing is the true offering of tea that is often overlooked in our busy everyday life.” - Li Gong, Ph.D., Founder of

Encha Organic Matcha – “As a practicing yogi I see the parallels in tea drinking and the yogic path. I look forward to having a copy of my own to support me as I refresh my mind and hydrate my body during contemplative moments in my daily living.” – Emily Slonina, author of Anywhere Anytime Any Body Yoga – “Where will your next cup of tea take you? A trip down memory lane? Or, swept away to another region of the world? Allow yourself to experience tea as described within and you just may find Tea-spiration to live a more meaningful life thanks to this healthful, delicious beverage (tea) and our affini-tea for it.” – Gail Gastelu, Publisher, The Tea House Times

In Tea-spiration it is evident that Lu Ann Pannunzio approaches the topic of tea drinking as a state of meditation; a mindful practice that encourages leaving behind hectic daily living. It will make a great gift for any tea lover as well as inspire novice tea drinkers to sit down with a cup of tea. This book reminds me of the poem by Hamamoto Soshun: "Chanoyu should be made with the heart, not with the hand. Make it without making it, in the stillness of your mind. As a practicing yogi I see the parallels in tea drinking and the yogic path. I look forward to having a copy of my own to support me as I refresh my mind and hydrate my body during contemplative moments in my daily living."

Namaste, Emily Slonina, author of Anywhere Anytime Any Body Yoga, using yoga in everyday life. – “Where will your next cup of tea take you? A trip down memory lane? Or, swept away to another region of the world? When was the last time you truly experienced something through all five senses? The heart of this book is that of a tea lover. Allow yourself to experience tea as described within and you just may find "Tea-spiration" to live a more meaningful life thanks to this healthful, delicious beverage (tea) and our affini-tea for it.” – Gail Gastelu, Owner/Publisher, The Tea House Times

Lu Ann Pannunzio – “Tea-spiration is a beautifully written book that reminds us all to be present and mindful of every steeped moment. She lets us in on her tea rituals and memories, while encouraging us to have the freedom to take a step back and shape our own tea experiences. Her kind and knowledge tone of voice makes you feel as though you are a friend chatting with her over a cup of tea in her kitchen. This is a must-read for tea beginners to experienced sippers, as it grounds one in the meditative and sensory ritual of tea. Lu Ann gently guides you to craft personal steeping rituals and discover tea’s deeper meaning in your own life.” – Alexis Siemons, Tea Consultant and Writer, Teaspoons & Petals

"A thoughtful and refreshing look at how we should think of tea, prepare it, drink it, and allow it to change our lives. It is a helpful, down-to-earth guide for anyone who has never really stopped to think about the significance of tea, about the enjoyment to be had from every single cup, and about the benefits that tea can bring to everyday life." – Jane Pettigrew, Tea Historian and Tea Educator

What a sweet little book this turned out to be! Author Lu Ann Pannunzio blogs at theteacupoflife.com and has created a lovely little book filled with her thoughts on enjoying tea and the tea ceremony itself. While many authors and "experts" try to influence their readers on the proper method Ms. Pannunzio is of the school of thought that every person has a unique way to experience tea. I love this idea and I think she is very accurate in her belief that each experience can be unique to the drinker. The book offers some great information on tea varieties, tea ware, ways to enjoy tea as well as some lovely quotes of the hour at the end of the book. The illustrations that are scattered throughout the book are sweet little depictions of tea pots, tea bags, flowers and more and enhance the book. I would recommend this book to anyone who loves tea or who needs an introduction to the world of tea. I loved it!

Beautiful little book - I highly recommend for all tea enthusiasts, tea lovers, meditators, or anyone who may want to just read something lovely and inspiring. I have never related to such beautiful words like the one written in this book! Drinking tea has become such a special meditation for me. This book perfectly encourages and engages my love for tea.

This book is amazing and has challenged me to look at, not only tea, but life in a completely different way. As a mother of three young children, I'm always on the go and rarely take the time to truly experience the tea I'm drinking. I've never thought about the history of the tea, and farmers that picked the leaves, or the emotions that arise when opening the package and sensing the aromas, or watching the leaves unfurl and the first couple of sips. Lu Ann's book not only relates to tea, but to life in general. She teaches us how to stop, slow down and enjoy the simple things in life. It's short and sweet and will change your experience with tea and life forever! Great job!

Finally a book to explain that tea is not a difficult concept to grasp but a delicious beverage that can be enjoyed by anyone! I'm a fan of Lu Ann and when her book came out I knew it would be just as delightful and insightful as her other work. One of my favorite parts about Tea-spiration is what I try to explain to others, drinking tea is not just about the taste but the experience. This is a beautifully written book and I recommend it to anyone!

As a blogger of tea and literature, I am happy to finally have a book in my library that reminds me of

the simplicity of tea sipping. Tea-spiration is simply inspiring! LuAnn Pannunzio writes in such a personal and relatable way which draws you into each page as you revisit your very first moments/experiences with tea. I read this book over a pot of tea and I finished the book before the tea because Tea-spiration was just that comforting to read. I will be picking up Tea-spiration every now and then to read from it's pages again as it is just sip-ly inspiring. P.S. I was so inspired by this book that I decided to reach out to LuAnn Pannunzio herself and perform a Blogview (interview) on Tea End Blog. If you would like to see this interview with LuAnn please visit teaendblog.com and search the post entitled "Sip-ly Inspired." Keep Sipping Happily Ever After!

I happened upon this little book of treasure by getting it in a makeup group swap. I enjoy tea and it looked like a cute book. I am reading it now and deliciously enjoying every word. This book takes the legalese out of tea and helps you to just learn to thoroughly enjoy the entire tea experience. If you enjoy tea and want to learn how to use it to help change your life, this book is for you! Or if you just like a delightful read, pick up this book!

This book is needed now more than ever! Whether you're a tea newbie or a seasoned pro, this book can take your experience with tea to the next level - mind, body, and soul. Lu Ann Pannunzio did an amazing job infusing this book with the beauty, insight, and meaningful philosophy tea drinkers are thirsty for. Each and every page is a treasure!

A beautifully written & designed book...perfect for gift giving!!!

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Afternoon Tea: Afternoon Tea: Inspiration and How to Host the Perfect Afternoon Tea Party at Your Home (Worlds Most Loved Drinks Book 4)
Tea at Downton - Afternoon Tea Recipes From The Unofficial Guide to Downton Abbey (Downton Abbey Tea Books)
TEA: Ceylon Tea: BAREFOOT IN SRI LANKA: An enchanting pictorial of 'tea island'
Tea Time in Sri Lanka: Photos from the Dambatenne Tea Garden,
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