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-- *Library Journal*, 3/15/2010

### Home Economics

**Heiss**, Mary Lou & Robert J. **Heiss**. **The Tea Enthusiast's Handbook: A Guide to Enjoying the World's Best Teas**. Ten Speed: Crown Publishing Group. Apr. 2010. c.208p. photogs. index. ISBN 978-1-58008-804-6. pap. \$16.99. BEVERAGES

Tea is the new wine- according to the Heisses (*The Story of Tea*), owners of a tea shop in Massachusetts. Focusing on pure, premium teas from Asia, the authors discuss how geographic setting, cultivation, plucking, and processing contribute to the distinctive flavor of a tea. Details on purchasing, steeping, and enjoying the six different classes of teas, with information on specific kinds, such as sencha, are provided as well as a select buyer's guide of retail and online sources. For Fisher (editor in chief, *The Leaf*), tea is more than just a beverage- it is a way of life. Applying the philosophy of the Tao, Fisher discusses how preparing and drinking tea can provide opportunities for inner enlightenment and personal harmony. He explores the history of tea and how the drink's rich cultural and philosophical heritage can represent the formula for a well-balanced life today. **VERDICT** The Lipton tea bag crowd may not understand what all the fuss is about, but those who take their *Camellia sinensis* seriously will find that the Heisses have written a valuable guide. Heavy thinkers rather than just heavy tea drinkers will best relate to Fisher's literary meditation on the calming role of tea in today's hectic world.—**John Charles, Scottsdale P.L., AZ**



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