



# The One Taste of Truth: Zen and the Art of Drinking Tea

*William Scott Wilson*

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Traditionally in China and Japan, drinking a cup of tea was an opportunity for contemplation, meditation, and an elevation of mind and spirit. Here, renowned translator William Scott Wilson distills what is singular and precious about this traditional tea culture, and he explores the fascinating connection between Zen and tea drinking. He unpacks the most common phrases from Zen and Chinese philosophy—usually found in Asia printed on hanging scrolls in tea rooms, restaurant alcoves, family rooms, and martial arts dojos—that have traditionally served as points of contemplation to encourage the appropriate atmosphere for drinking tea or silent meditation.

Part history, part philosophy, part inspirational guide, *The One Taste of Truth* will connect you to the distinctive pleasure of sipping tea and allowing it to transport your mind and thoughts. This beautifully written book will appeal to tea lovers and anyone interested in tea culture, Chinese philosophy, and Zen.

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