



# Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness

By Toshimi A. Kayaki

Download now

Read Online ➔

## Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki

Starting with the notion that some traditions—like drinking green tea for health and mental acuity—embody timeless wisdom for living, Toshimi A. Kayaki offers dozens of wise old Japanese ways for improving how you look and feel while respecting nature and the environment. Carry your own pair of chopsticks, wear five-toe socks, eat salty plums, use rice water as floor wax, do “eco-laundry,” and always set aside 10 percent for savings . . . you get the idea. By leading a “green tea life,” you’ll help yourself and the planet.

**Toshimi A. Kayaki**, born and raised in Japan, now lives in the San Francisco Bay Area and has published twenty-two books on women’s and cross-cultural issues.

📄 [Download Green Tea Living: A Japan-Inspired Guide to Eco-fr ...pdf](#)

📖 [Read Online Green Tea Living: A Japan-Inspired Guide to Eco- ...pdf](#)

# Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness

*By Toshimi A. Kayaki*

**Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness** By Toshimi A. Kayaki

Starting with the notion that some traditions—like drinking green tea for health and mental acuity—embody timeless wisdom for living, Toshimi A. Kayaki offers dozens of wise old Japanese ways for improving how you look and feel while respecting nature and the environment. Carry your own pair of chopsticks, wear five-toe socks, eat salty plums, use rice water as floor wax, do “eco-laundry,” and always set aside 10 percent for savings . . . you get the idea. By leading a “green tea life,” you’ll help yourself and the planet.

**Toshimi A. Kayaki**, born and raised in Japan, now lives in the San Francisco Bay Area and has published twenty-two books on women’s and cross-cultural issues.

**Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness** By Toshimi A. Kayaki **Bibliography**

- Rank: #1803116 in Books
- Brand: Brand: Stone Bridge Press
- Published on: 2010-01-01
- Original language: English
- Number of items: 1
- Dimensions: 7.00" h x .40" w x 5.50" l, .40 pounds
- Binding: Paperback
- 160 pages

 [Download Green Tea Living: A Japan-Inspired Guide to Eco-fr ...pdf](#)

 [Read Online Green Tea Living: A Japan-Inspired Guide to Eco- ...pdf](#)

## Download and Read Free Online Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki

---

### Editorial Review

#### Review

"This diminutive book is packed as tightly as an obento box with an array of mini-essays. And like a good Japanese obento lunch, which always includes five colors (white for rice, green for vegetable, brown for protein, et al.), this book is composed of a little of this and a little of that, all wrapped up neatly in the philosophy that Toshimi Kayaki calls "green tea living." From exercising more to using cash instead of credit cards, these tips will delight anyone who likes to consume their Japanese culture like an umeboshi—a red pickled plum that's the cherry on top."

*The Japan Times*

"Centered around the Japanese tradition of drinking green tea for relaxation and health, Kayaki's upbeat book offers simple tips for a balanced, sustainable lifestyle."

*The Sierra Club*

"[*Green Tea Living*] offers a vision of the way things could be—a vision living better by following old traditions that proved themselves hundreds of years. Very recommended for everyone who is looking to be healthier, happier and more eco-friendly."

*Eco-Libris*

"In this delightful paperback with illustrations by Miyuki Matsuo, you will find a treasure trove of ideas about simplicity, thrift, homemade remedies, and Japanese wisdom. Kayaki has adopted what she calls "green tea living"—which includes low-calorie foods, regular exercise (walk or bike instead of driving), and meditation. She also offers advice and tips on regularly eating miso soup, using reflexology, trying olive oil on dry skin, facial massage with a spoon, and suggestions for living a more frugal life.

Not only does green tea have cardiovascular benefits such as lowering blood pressure, it can also be used on the skin as an anti-aging cosmetic, as a means of preventing cavities and taking away bad breath, as a cleaning tool, as a fertilizer for gardening, and as a weight loss tactic (drink a cup before your dinner). *Green Tea Living* by Toshimi Kayaki is a handy and creative guide to an eco-friendly life."

*Frederic and Mary Ann Brussat, Spirituality & Practice*

"The author's writing style is simple and sweet . . . [*Green Tea Living*] is uplifting and comprehensive."

**?Whitney Halberg, *ForeWord***

- \* Winner of the 2011 Benjamin Franklin Award in the Self-Help category
- \* Honorable Mention at the 2011 London Book Festival
- \* Honorable Mention at the 2011 Green Book Festival
- \* Finalist in the Environment /Green category of the 2010 National Indie Excellence Awards

"This diminutive book is packed as tightly as an obento box with an array of mini-essays. And like a good Japanese obento lunch, which always includes five colors (white for rice, green for vegetable, brown for protein, et al.), this book is composed of a little of this and a little of that, all wrapped up neatly in the philosophy that Toshimi Kayaki calls "green tea living." From exercising more to using cash instead of credit cards, these tips will delight anyone who likes to consume their Japanese culture like an umeboshi—a red pickled plum that's the cherry on top."

—***The Japan Times***

"Centered around the Japanese tradition of drinking green tea for relaxation and health, Kayaki's upbeat book offers simple tips for a balanced, sustainable lifestyle."

—**The Sierra Club**

"[*Green Tea Living*] offers a vision of the way things could be—a vision living better by following old traditions that proved themselves hundreds of years. Very recommended for everyone who is looking to be healthier, happier and more eco-friendly."

—**Eco-Libris**

"In this delightful paperback with illustrations by Miyuki Matsuo, you will find a treasure trove of ideas about simplicity, thrift, homemade remedies, and Japanese wisdom. Kayaki has adopted what she calls "green tea living"—which includes low-calorie foods, regular exercise (walk or bike instead of driving), and meditation. She also offers advice and tips on regularly eating miso soup, using reflexology, trying olive oil on dry skin, facial massage with a spoon, and suggestions for living a more frugal life.

Not only does green tea have cardiovascular benefits such as lowering blood pressure, it can also be used on the skin as an anti-aging cosmetic, as a means of preventing cavities and taking away bad breath, as a cleaning tool, as a fertilizer for gardening, and as a weight loss tactic (drink a cup before your dinner). *Green Tea Living* by Toshimi Kayaki is a handy and creative guide to an eco-friendly life."

—Frederic and Mary Ann Brussat, *Spirituality & Practice*

"The author's writing style is simple and sweet . . . [*Green Tea Living*] is uplifting and comprehensive."

—Whitney Halberg, *ForeWord*

- \* Winner of the 2011 Benjamin Franklin Award in the Self-Help category
- \* Honorable Mention at the 2011 London Book Festival
- \* Honorable Mention at the 2011 Green Book Festival
- \* Finalist in the Environment /Green category of the 2010 National Indie Excellence Awards

#### About the Author

Toshimi A. Kayaki, born and raised in Japan, moved to the USA in 1989. She has written for newspapers, magazines, and advertising and has been a radio and TV reporter. She has published 22 books, mostly about cultural comparisons, women's issues, housekeeping hints, and self-improvement. She lives in the San Francisco Bay Area with her husband and son and cat.

#### Users Review

##### From reader reviews:

##### Mary Tillman:

With other case, little men and women like to read book *Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness*. You can choose the best book if you like reading a book. Providing we know about how is important the book *Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness*. You can add understanding and of course you can around the world by just a book. Absolutely right, since from book you can know everything! From your country until eventually foreign or abroad you may be known. About simple matter until wonderful thing you can know that. In this era, you can open a book or searching by internet device. It is called e-book. You should use it when you feel bored stiff to go to the library. Let's learn.

##### Margaret Wynkoop:

Nowadays reading books be than want or need but also turn into a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The details you get based on what kind of reserve you read, if you want attract knowledge just go with education books but if you want experience happy read one along with theme for entertaining including comic or novel. The actual *Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness* is kind of reserve which is giving the reader unpredictable experience.

**Sylvia Medina:**

Beside this kind of Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness in your phone, it might give you a way to get closer to the new knowledge or info. The information and the knowledge you will get here is fresh from the oven so don't end up being worry if you feel like an outdated people live in narrow community. It is good thing to have Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness because this book offers to your account readable information. Do you at times have book but you rarely get what it's all about. Oh come on, that would not happen if you have this within your hand. The Enjoyable agreement here cannot be questionable, including treasuring beautiful island. So do you still want to miss it? Find this book along with read it from right now!

**Henry Rodriguez:**

With this era which is the greater man or woman or who has ability to do something more are more treasured than other. Do you want to become one among it? It is just simple method to have that. What you are related is just spending your time very little but quite enough to possess a look at some books. On the list of books in the top checklist in your reading list is actually Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness. This book which can be qualified as The Hungry Hillsides can get you closer in growing to be precious person. By looking way up and review this reserve you can get many advantages.

**Download and Read Online Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki #5SAGYPD1M9H**

# **Read Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki for online ebook**

Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki books to read online.

## **Online Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki ebook PDF download**

**Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki Doc**

**Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki Mobipocket**

**Green Tea Living: A Japan-Inspired Guide to Eco-friendly Habits, Health, and Happiness By Toshimi A. Kayaki EPub**