



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

By Toshimi A. Kayaki

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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.

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*By Toshimi A. Kayaki*

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- 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

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### 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
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#### 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.

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