



Tea: The Recipe For Stress-Free Living

Ratanjit S. Sondhe

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In this timeless novel, a wise monk from India uses charming parables to unveil the proverbial recipe for a life-changing cup of tea. The word 'TEA' serves as an acronym, leading the characters and readers, one letter at a time, down a path of self-discovery to eliminate frustrations and guide them to live a life free of stress. Everyone is seeking relief from stress. We see medical experts, and receive expensive medication and therapies. We change jobs, careers and even spouses. We take exotic vacations, but stress returns when we do. Could it be, while we have concentrated on every possible factor around us, we really need to better understand what is within us.

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