



Tea & Gratitude with the Duchess

Sarah Ferguson

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A lush, whimsical book from the beloved Sarah, Duchess of York, that puts a fresh twist on tea and gratitude.

The Duchess's mother always said, "When problems seem too large and the solutions are not coming, sit down with a cup of tea and a biscuit and reflect."

In her personal, moving, and inspiring new book, Sarah, Duchess of York, will share bits of fascinating tea history and favorite recipes, teach readers how to host proper British tea parties, and share the ancient rituals of tea (the brewing, the serving, the drinking) that lend themselves to moments of reflection and gratitude. And for the first time ever, the Duchess has permission to speak about the Royal Lodge Collection set at Royal Lodge on the grounds of Windsor Great Park, which has a rich history of tea traditions and daily tea ceremonies as well as a great new tea and merchandise collection, which is brand new to the market. Along the way, the Duchess will also weave in touching memories and remembrances of family, friendship, and her weight loss journey.

Organized into twelve chapters, each chapter corresponds to a different month, tea, flower, and color, and is filled with simple and delectable recipes for tea mocktails, sandwiches, cakes, and more.

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Melissa Alfonso:

People live in this new morning of lifestyle always try to and must have the time or they will get wide range of stress from both daily life and work. So , when we ask do people have extra time, we will say absolutely yes. People is human not really a robot. Then we consult again, what kind of activity do you possess when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, the particular book you have read is Tea & Gratitude with the Duchess.

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