

<<生活之旅>>

图书基本信息

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内容概要

Learning about China does not mean simply looking up to the big and great country as she is presented : what's more important is feeling the charms she infuses in the real lives of the Chinese people . Only through close contact in their actual lives can a realistic Understanding of China and her people be gained . Extensive and profound food culture,the spirit of tea drinking,vintage wine,have continued throughout the ages and still has a great effect on the Chinese people,which convey warm . genuine feelings and the tranquil and refined temperament of the Chinese nation . Leisure-time entertainment of the Chinese people is also multifold . To achieve good health and sound mind by following the will of heaven is the Chinese people's philosophy of life .

书籍目录

The Real Lives of the Chinese People Paradise for Food Lovers Enjoying Foods in Chinese Festivals All the Tempting Aromas from One Chafing Dish Roast Duck-The Calling Card of Beijing Food Chinese Dumplings(Jiaozi)-The Most Delicious of All Food Au Kinds of Noodles across China The Magic of Stuffed Steamed Buns Enjoying Breakfast The First Meal of the Day Crab Specialties Will Be Served at Dinner When Autumn Winds Rise Sichuan Food-The Strongest Flavors in China Crossing the Bridge——Rice-flour Noodles in the Manner of Yunnan Mutton with Baked Buns-The True Spirit Exclusive to the Loess Plateau Northeast Style Dishes Are like Old Friends Soup-Source to a Happier Life An Array of Dishes of the Manchu and Han Can Take Three Days to Eat The Fragrance and Delightful Taste of Tea 茶下 Small Teahouses Hold A11 Things Possible under the Sun Quality Tea Has Always Been like a Beautiful Woman The Sweet Fragrance of Spring Wafting from Tea The Marvel on Horseback The Unique Fragrance of Scented Tea Chrysanthemum Blossom and Other Flowers Used in Making Tea Even Plain Water May Have the Scent of Tea in a Yixing Red Porcelain Teapot Kung Fu Tea Tea Drinking among China's 55 Ethnic Groups Drink and Wine Culture National Drink Intoxicates the World Huangjiu-Chinese Character Matured with Age Wine Cultures of Ethnic Groups Drinking Etiquette The Oriental Charms of Wine Bars Entertainment Folk Music Accompanying Social Life Board Games The Charm of Chinese Operas Folk Art Forms with Local Flavor Wuqiao, Home of Acrobatics Flying Kites Folk Sports Mysteries and Wonders in Traditional Chinese Puzzles Various Folk Customs on the Temple Fairs The New Era of Entertainment Health Cultivation Cultivating Health in Accordance with the Variations of the Natural World Cultivating Health with Traditional Chinese Medicine Practice of Medicine at Home Exercises for Externally Training the Muscles and Bones While Internally Cultivating Qi Food for Health Cultivation

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