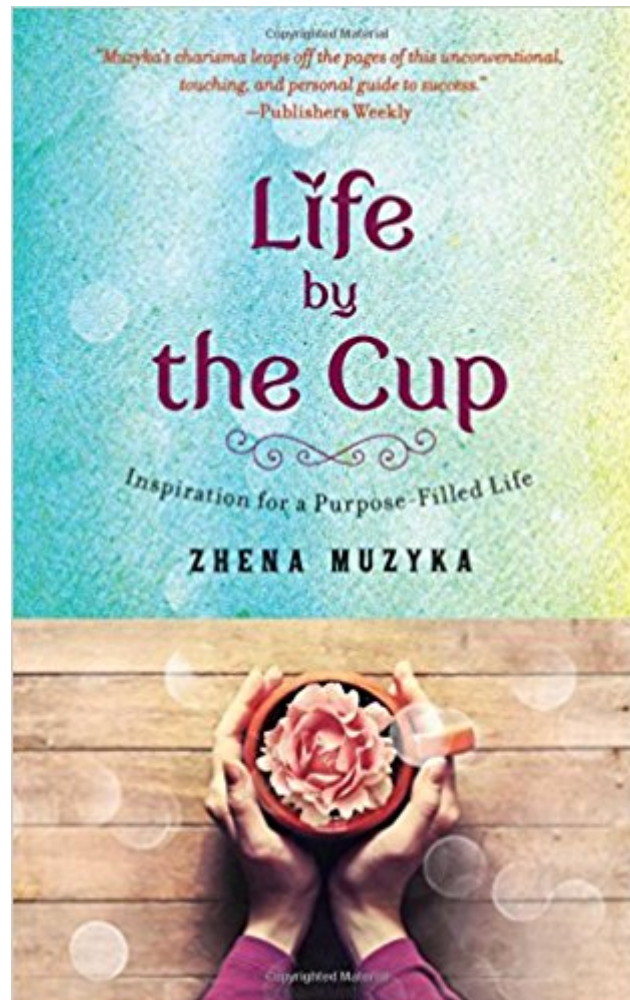




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# Life By The Cup: Inspiration For A Purpose-Filled Life



## Synopsis

“[Zhena] Muzyka’s charisma leaps off the pages of this unconventional, touching, and personal guide to success” (Publishers Weekly), featuring seventeen soulful lessons and simple rituals for finding your life’s purpose, improving your relationships, and becoming healthier—all in the time it takes to drink a cup of tea. Drawing on lessons she’s learned throughout her amazing and sometimes difficult life journey, the social entrepreneur and founder of Zhena’s Gypsy Tea shares seventeen soulful lessons to help you overcome obstacles, clarify your purpose, and bring awareness to each moment of your life. An inspiring roadmap for discovering the secrets of happiness and success for yourself at any stage in life, *Life By the Cup*’s message is that, no matter where you are, you can change your circumstances and live your dreams. As a twenty-four-year-old single mom, Zhena had an infant in need of life-saving surgery and only six dollars in her wallet. She also had two other powerful motivators: hope and a passion to share her unique tea blends with the world. Combining her kitchen hobby of blending tea, her knowledge of herbs and aromatherapy, and her gypsy grandmother’s wisdom, Zhena started selling custom teas from a cart on California street corners. Now, over a decade later, her son is healthy and Zhena’s Gypsy Tea is a multimillion-dollar brand. Zhena’s insights and gentle guidance will inspire you to increase your compassion toward others as well as yourself. You’ll also gain wisdom on how to hone your intuition, ask for help, and live out your true purpose without drastically changing the way you live. Discover your calling, bolster your courage, develop your own flavor of success, and you’ll see your own passion make a meaningful difference in the world.

## Book Information

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## Customer Reviews

Life by the Cup is as delightful and satisfying as the teas the author has created. (Christiane Northrup, M.D., author of *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*) "In Zhená Muzyka's soulful new book the satisfactions of a handcrafted life come steeped in service to others. There is a world out there that needs tending to, and *Life by the Cup* gently shows us a way." (Barnet Bain, Producer of *What Dreams May Come* and *The Celestine Prophecy*) "Zhená's new book opens a delicious world where expansion and fulfillment can occur one cup at a time. She shows you how caring for your deep self fuels your deepest success in all aspects of your life. Whether you are a mother, entrepreneur, or are simply passionate about expressing your creative self most fully, *Life By the Cup* serves delectable sips of magic." (Kathlyn Hendricks, co-author of *Conscious Loving*) "Recipes for overcoming adversity swirl through these pages like the inspiring ingredients in Zhená's tea concoctions. I sipped from her book every night at bedtime, and invariably solutions for my own life steeped in my dreams." (Terri Jentz, author of *Strange Piece of Paradise*) "I love this book! Zhená's journey and the lessons she shares in *Life by the Cup* will inspire and empower women to start businesses that matter and can change the world." (Cynthia Kersey, Chief Humanitarian Officer of Unstoppable Foundation) "It's rare to encounter a book that's powerful, useful AND fun to read, but that's just what Zhená has brought to the world. Read it and get inspired, to build your business and to live a life of passionate engagement." (Gay Hendricks, author of *Conscious Loving* and *The Big Leap*) "Life by the Cup is a true story that stretches from single motherhood and hard times through unique personal success. Pour a cup of tea, open to the first page and find a friend who will teach you: Your hopes are a form of planning." (Gloria Steinem) "It wasn't enough for Zhená to create one of the hottest brands in the tea industry. She did it by forging a soulful, life-changing partnership with tea farmers halfway around the world. And now, through this remarkable book, she's given us all a seat next to her on this magical journey. Zhená reminds us that we each can make a difference in the world through something as simple and delicious as a cup of tea." (Paul Rice, President and CEO of Fair Trade USA) "This is a book with heart. Zhená Muzyka has poured herself into it, so that you can stop, sip, and enjoy not only a cup of tea but a cup of life." (Byron Katie) "Life By the Cup is a world-changing, unique, and beautifully written book that will benefit every aspect of the reader's life. Zhená Muzyka reflects on her complex and inspirational life by artfully weaving savory tea

antidotes, unforgettable personal stories, and her savvy business prowess. I laughed, sobbed, and was inspired to make the world a better place while reading *Life By the Cup* over many delicious cups of tea. Muzyka inspires readers to create more meaningful rituals in their daily lives and to become the most deeply joyful, fearless, and empowered version of themselves. (Erin Cox, Enlightened Business Strategist and bestselling author of *One Hot Mama: The Guide to Getting Your Mind and Body Back After Baby*) "Life by the Cup is a delicious and engaging book that will inspire and guide you. It offers a powerful roadmap for success in life, work and love. Within the pages are many gems that ensure you have the tools to live your dreams. (Marci Shimoff) "This sensuous read captures the romance and pleasure of tea. Who could resist?" (Kirkus)

Zhena Muzyka is a socially responsible business leader who founded Zhena's Gypsy Tea in 2000 and pioneered fair trade in the industry. An inspirational speaker, meditation teacher, and podcast host, she is celebrated for her work in sustainable business practices. Zhena was named one of *Coco Eco's* "20 Most Inspiring Women," *Country Living Women Entrepreneur* Honoree, and has received the *Enterprising Women of the Year Award* and the *Socially Responsible Business Award*, among others. Zhena lives in California and can be found at [www.Zhena.TV](http://www.Zhena.TV).

As an entrepreneur, a business school teacher, a student, and a mentor - I am constantly looking for ways to tell stories that will inspire my students and myself to achieve the goals we imagine. I am always seeking unique and powerful ways to advance personal change for all those around me. I have read hundreds of business books, motivational books, and listened to thousands more on podcasts and simply put, THIS book, THIS author, THIS story is one of the most beautiful, compelling and brilliant books I have ever read. It is the kind of book that whisks you away into imagination, creation, sensory indulgent adventure and demands your attention to the things you most want out of life. The book, intended to be like enjoying a cup of tea daily, was a perfect beach weekend escape read that I couldn't put down. After devouring the entire book in just two days, I was ready to then start sipping, reflecting and keeping it by my bedside to remind myself each morning to follow some of the mantras and remember some of Zhena Muzyka's most salient advice. Stay Positive "The most successful people have a knack for "plucking the positive". They seek out sunshine, the choicest leaves of the plants. They look for solutions, daring to believe life is a friendly endeavor and that failure offers the chance to grow." and Collaborate with people smarter than you! "Seeking out brilliant people to collaborate with is a brilliant way to ensure your average gets better every single

day. Whenever you feel stuck, pick up the phone and start collaborating with a trusted friend or colleague." - I highly recommend this book and hope you cherish it, as much as I have. - Summers McKay, Program Director - UCLA Anderson EDGE and Publisher, Caution Curves Ahead Media

I've been a fan of Zhenia and her teas for years now, and having experienced her bright smile and energetic glow, I've always assumed that she had some sort of charmed life that is completely out of reach for a normal human like me. Reading the details of her story was a real eye-opener, and once again I'm reminded that life is what we make it. Her writing is evocative and expressive, taking the reader on a journey from desperation to hope to elation, and everything in between. But if Zhenia's story of persistence and grit isn't enough, you also get lessons, exercises, and actionable tools that come from her experiences. And just the descriptions of the flavors and scents that she blended into her teas will instantly transport you to another world. Most of all, this is a book that teaches us that we must believe, take action, and persevere, and actually shows us how. My favorite quote: "I had gone from making \$10 an hour working for someone else to \$7.50 working for myself." Every entrepreneur will relate to Zhenia's experiences. I feel re-energized from reading her book, and am ready to make new leaps forward with her encouragement!

Words can't explain how much this book has pierced into my soul. Zhenia's storytelling allows you to see yourself through her passion, challenges and audacity to keep moving forward. I am touched by her journey of how she grew her tea business and achieved success, not because of egotistical intentions, but by following her instinct, her calling and her generous mission to end poverty for tea workers. Life by the Cup left me asking myself, "What else can I do? How can I contribute to the world?" and at the same time challenge me to take a moment each day and connect with mySELF. I recommend this book to anyone, young and old, aspiring entrepreneurs or successful ones - anyone who can benefit from learning how we can open our hearts, face growing pains with courage, love and grace and make space for miracles to flow through.

Craving a cup of inspiration? Zhenia Muzyka's Life by the Cup serves it straight up. Tea lover or not, Zhenia's fascinating story of determination and spirit will motivate you to live with purpose, generosity, and passion. Her treks to the tea fields in Sri Lanka are steeped in beautiful transformation and spiritual awakening; infectious for certain. Two of my favorite messages from her journey are: "Give for the sake of honoring all life as sacred," and "We save each other by serving one another." For me, the true heart of the story is the power of generosity: giving simply for the act

of giving. May this be a lesson we all learn, apply, and live fully.

I planned on reading it in sips but I gulped down every drop of wisdom, insight, and inspiration in one long sitting. Now, I can go back and take the sips again. Zhena's tenacity and resourcefulness and her open-hearted honesty touched me deeply and reminds me how truly connected we all are in this life journey and how choosing love and following our instincts is in the best interest of all. Life By The Cup will fill your tanks. A story that starts with a vulnerable single mama and ends with a confident business owner, parent, partner, and friend continuing on her journey. A great read!

Finished this book in just a few days! It was so inspirational and beautifully written. As an avid tea drinker, I loved all the details about her tea and where she's traveled and how she got to where she is now. Definitely a must read for those looking for motivation, a little creativity, and those who just love tea.

I just finished Zhena's "By the Cup" and am pretty blown away at her ability to tell a riveting story and to inspire through her actions and words. The story of how she started her successful tea company, as a single mother with a sick child, this is more than just another success tale. Zhena's story is one of resilience and of illustrating how a person who is determined to do good, help others, and walk a spiritual path, can't help but find success and happiness in this world. I have always believed that it is the positive people that find success and true happiness and Zhena's story is clear testament to this. A really well-written and inspiring read from start to finish.

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