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Food Culture in Japan Greenwood Publishing Group This timely book satisfies the new interest and taste for Japanese food, providing information on foodstuffs, cooking styles, etiquette, and more. **Itadakimasu! The Food Culture of Japan** Routledge **Itadakimasu! The Food Culture of Japan** is designed as a first- or second-year college course in Japanese culture for students who have little to no background in the Japanese language, culture, literature, or history. Unlike any other culture text, **Itadakimasu!** offers a unique approach to learning about culture through a country's cuisine. This account takes students on an exciting journey into the world of Japanese food culture, both past and present, exploring themes such as regional specialties, annual festivals, traditional foodways, prominent tea masters, culinary expressions, restaurant menus, dining etiquette, mealtime customs, and culinary aesthetics. **Itadakimasu!** also addresses current events in the food industry and agribusiness, health and nutrition, dieting trends, fast food, and international and Western influences. Enhancing this wealth of cultural material are autobiographical essays written by guest contributors and varied literary excerpts featuring food themes across different genres in literature spanning many centuries. Each of the readings is supplemented by general comprehension questions followed by more probing queries calling on critical and analytical thinking to methodically guide students from a cursory understanding of a new culture to reflections on their own experiences and other world cultures. Resources also highlight food-centric films so that students can witness what they are learning about in an authentic cultural context. Furthermore, teachers and students alike can enjoy food tasting labs in the classroom, fostering yet another authentic experience for the students. With the intention of reaching a broad audience of students majoring or minoring in Japanese or Asian Studies, or students learning English as a Foreign Language or English for Specific Purposes, **Itadakimasu!** could also be useful for composition and conversation courses and the Writing Across the Curriculum series or as a supplement for 'Four Skills' Japanese language courses and introductory Japanese literature offerings. Above all, its multifaceted design with a broad spectrum of self-contained sections welcomes individual teaching styles and preferences. **Itadakimasu!** paints an appetizing image of Japan's society with just a dash of culture, a pinch of language, and a taste of literature to tempt the palate of students new to the study of Japan. Meant to enhance the regular curriculum, this innovative approach to learning about Japan suggests that the culinary world can lend an insightful view into a country's culture. Historical and contemporary foodways are universal elements common to all cultures, making the subject matter inherently relatable. An Instructors Manual containing sample syllabi, learning outcomes, handout templates, study guides, background content and more is available at www.routledge.com/9780367903572. **Insight Guides Japan (Travel Guide eBook) Apa Publications (UK) Limited** **Insight Guides Japan** Travel made easy. Ask local experts. Comprehensive travel guide packed with inspirational photography and fascinating cultural insights. Get Olympic ready with this inspirational full-colour guidebook to Japan. It's all a traveller needs to explore Japan in-depth during their Tokyo 2020 Olympic adventure. From deciding when to go, to choosing what to see when you arrive, this guide to Japan is all you need to plan your perfect trip, with insider information on must-see, top attractions like Tokyo, Kyoto and Mount Fuji, and cultural gems like watching a thrilling sumo match, feeling at peace in spiritual temples and being amazed by Japan's high-tech society. Features of this travel guide to Japan: - Inspirational colour photography: discover the best destinations, sights and excursions, and be inspired by stunning imagery - Historical and cultural insights: immerse yourself in Japan's rich history and culture, and learn all about its people, art and traditions - Practical full-colour maps: with every major sight and listing highlighted, the full-colour maps make on-the-ground navigation easy - Editor's Choice: uncover the best of Japan with our pick of the region's top destinations - Key tips and essential information: packed full of important travel information, from transport and tipping to etiquette and hours of operation - Covers: Kanto Plain and Chubu; Tokyo; the north; Kansai region; the south Looking for a specific guide to Tokyo? Check out **Insight Guides Explore Tokyo** for a detailed and entertaining look at all the city has to offer. About **Insight Guides**: **Insight Guides** is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. **Insight Guides'** unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. **Insight Guides Pocket Japan (Travel Guide eBook) Apa Publications (UK) Limited** Japan is a compelling and unique country, set across an archipelago of islands as notable for their distinctive cities as their immensely diverse landscapes. Be inspired to visit by the brand new **Insight Pocket Guide Japan**, a concise, full-colour guide to this captivating country that combines lively text with vivid photography to highlight the best that Japan has to offer. Inside **Insight Pocket Guide Japan: Where To Go** details all the key sights in the country, from the dazzling architecture of Tokyo to Japan's first imperial capital of Nara and the breathtaking natural splendour of Mount Fuji. **Top 10 Attractions** gives a run-down of the best sights to take in on your trip, including the castle of Himeji and the temple-rich city of Kyoto. **Perfect Tour** provides an itinerary for the ideal journey around Japan. **What To Do** is a snapshot of

ways to spend your spare time, from shopping and sports to onsen (hot springs) and Japanese festivals. Essential information on Japan's culture, including a brief history of the country. Eating Out covers the country's best cuisine. A-Z of all the practical information you'll need. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. Japan Eats! An Explorer's Guide to Japanese Food Tuttle Publishing For first-time visitors and seasoned gourmets alike, Japan Eats! is an entertaining guide to the pleasures and pitfalls of dining in Japan—with hilarious insights and tips not found in other books. Whether it's the proper technique for holding chopsticks or the etiquette of slurping soup, author Betty Reynolds reassures the bewildered and includes mini-lessons on how to read the curtains at the entrance, the menus on the wall, and even the signs on the bathroom doors! What are uni sea urchins and how do you eat them? What are "dancing shrimp"? What is the difference between tonkatsu and takoyaki? Do you pick them up with your fingers? Which sauce to use? And just what is in that sauce? From world-famous sushi to fatally attractive fugu, it's all explained clearly and humorously in this sketchbook filled with charming full-color illustrations and insightful texts. So don't be intimidated—dive in! You are bound to have endless food adventures in Japan. This book shows you how. Rough Guide to Japan (Travel Guide eBook) Apa Publications (UK) Limited The Rough Guide to Japan Make the most of your time on Earth with the ultimate travel guides. World-renowned 'tell it like it is' travel guide. Get Olympic ready with this practical 'tell it like it is' guidebook to Japan. Featuring extensive listings and maps, this is packed with information to help travellers make the most of their Tokyo 2020 Olympic adventure. Discover Japan with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our independent experts. Whether you plan to make the tough but rewarding hike up Mount Fuji, wander through neon-drenched Tokyo or take a tour around the numerous sake breweries, The Rough Guide to Japan will help you discover the best places to explore, eat, drink, shop and sleep along the way. Features of this travel guide to Japan: - Detailed regional coverage: provides practical information for every kind of trip, from off-the-beaten-track adventures to chilled-out breaks in popular tourist areas - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most from your trip to Japan - Meticulous mapping: practical full-colour maps, with clearly numbered, colour-coded keys. Find your way around Osaka, Fukuoka and many more locations without needing to get online - Fabulous full-colour photography: features inspirational colour photography, including the tranquil, moss-covered temples of Kyoto and an abundance of delicious sushi that will leave you salivating. - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough Guides' rundown of Naoshima, Yakushima, Hiroshima and Nikko's best sights and top experiences - Travel tips and info: packed with essential pre-departure information including getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more - Background information: comprehensive 'Contexts' chapter provides fascinating insights into Japan, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - Covers: Tokyo (and around); Northern Honshu; Hokkaido; Central Honshu; Kyoto and Nara; Kansai; Western Honshu; Shikoku; Kyushu; Okinawa You may also be interested in: Pocket Rough Guide Tokyo, Rough Guide Tokyo, Rough Guide Phrasebook: Japanese About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. 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Keep up to speed with City Guide Tokyo - a comprehensive guide to getting the most out of this extraordinary city. Experience the mega-wattage of neon lights in Shibuya, take a soothing dip at Odaiba's Oedo Onsen and marvel at the resplendent Senso-ji Temple with a guide that explores all these sights and more using detailed, narrative text, easy-to-use maps and stunning full-colour photography. City Guide Tokyo fully explores the history, people and culture of the city, so you can discover everything you need to know to appreciate kabuki theatre, learn the difference between sushi and sashimi and delve into the world of manga and anime. In-depth chapters cover all of Tokyo's wards and suggest excursions to surrounding regions; fashionistas should head for stylish Harajuku, night owls can make a beeline for bustling Roppongi, history and architecture buffs will adore the Old Tokyo of Asakusa, whilst those seeking fresh air and gorgeous scenery will want to explore Mount Fuji. The Best Of section helps you to prioritise what to see and the Travel Tips offer essential advice on what you need to know before you go and how to get around the city once you are there. Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We

produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. The Rough Guide to Bali and Lombok (Travel Guide eBook) Rough Guides UK Explore Bali and Lombok with the most on-the-ball guide you can buy. Our expert authors cover the islands with Rough Guides' trademark mix of candour, insight and practical advice. And they've done the hard work for you - ticking off all the best accommodation, be it a high-end hotel or budget guesthouse; the choicest places to sample local cuisine; and the hippest bars. Fully updated and expanded, this stunningly illustrated travel guide brings you superb coverage of all Bali and Lombok's unmissable experiences, from the cultural, such as classical Kamasan art, gamelan music and temple festivals, to the unabashedly self-indulgent: spas, surfing, white sands and gorgeous craft shops feature throughout its pages. Includes advice on how to get around and full-colour maps throughout, The Rough Guide to Bali & Lombok takes you through picturesque rice fields, up Gunung Batur volcano, out to the less-visited west coast beaches, and over to the lovely little Gili Islands - now with their own dedicated chapter. Make the most of your trip with The Rough Guide to Bali & Lombok. Insight Guides Explore Bruges (Travel Guide eBook) Rough Guides UK Take a fresh approach to Bruges with this brand new Explore guide. Lavishly illustrated in full colour, this book features 15 fantastic self-guided routes, written by a local expert and packed with great insider tips. Whether you are new to the city or a repeat visitor, whatever your interests, and however long your stay, this book is the perfect companion, showing you the smartest way to link the sights and taking you beyond the beaten tourist track. All the routes come with clear, easy-to-follow full-colour maps. A 'Key Facts' box at the start of each tour highlights the recommended time needed to enjoy it to the full, plus the distance covered and a start and end point; all this makes it simple to find the perfect tour for the time you have to spare. Try some of the hand-picked places to eat and drink and sleep, or refer to the clearly organised A-Z of practical information to get to grips with the city. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. 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Whether you're planning to explore neighbourhoods such as Shinjuku, Ginza and Ueno in depth, or need fast-fix itineraries and "Best of" boxes that pick out the highlights you won't want to miss, The Rough Guide to Tokyo is your essential guide to the city. Make the most of your trip with The Rough Guide to Tokyo. Berlitz Pocket Guide Japan (Travel Guide eBook) Apa Publications (UK) Limited Berlitz Pocket Guide Japan The world-renowned pocket travel guide by Berlitz, now with a free bilingual dictionary. Get Olympic ready with this iconic pocket guide to Japan that comes with a free dictionary - the perfect pocket guidebook to accompany travellers' Tokyo 2020 Olympic adventure. Compact, concise and packed full of essential information about where to go and what to do, this is an ideal on-the-move guide for exploring Japan. From top tourist attractions like Mount Fuji, deer in Nara and nightlife in Osaka, to cultural gems, including taking in Tokyo's Edo-Tokyo Museum, exploring the historical centre of Kamakura and relaxing in an onsen hot spring, plan your perfect trip with this practical, all-in-one travel guide. Features of this travel guide to Japan: - Inspirational itineraries: discover the best destinations, sights and excursions, highlighted with stunning photography - Historical and cultural insights: delve into the country's rich history and culture, and learn all about its people, art and traditions - Practical full-colour map: with every major sight and listing highlighted, the full-colour maps make on-the-ground navigation easy - Key tips and essential information: from transport to tipping, we've got you covered - Dictionary: quick-reference bilingual language guide to help you with vocabulary - Covers: Tokyo; Kanto; Kansai; Chubu; Western Honshu and Shikoku; Kyushu; Northern Honshu; Hokkaido Get the most out of your trip with Berlitz Phrase Book & Dictionary Japanese About Berlitz: Berlitz draws on years of travel and language expertise to bring you a wide range of travel and language products, including travel guides, maps, phrase books, language-learning courses, dictionaries and kids' language products. 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Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include [10-15 areas]: Argentina; Bolivia; Brazil; Chile; Colombia; Ecuador; The Guianas; Paraguay; Peru; Uruguay; Venezuela. Attractions include [5-10 attractions]: Can de Colca, Peru; Easter Island, Chile;Iguaz Falls, Argentina; Salar de Uyuni, Bolivia; The Amazon, Brazil; ThePantanal, Brazil; Kaieteur Falls, Guyana. Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, the media, festivals, outdoor activities, culture and etiquette, and more. Background information - a language section to help you get by in Spanish and Portuguese Make the Most of Your Time on Earth with The Rough Guide to South America on a Budget About Rough Guides: Escape the everyday with Rough Guides. 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Detailed coverage - this travel guide has in-depth practical advice for every step of the way. -Areas covered include: Rio de Janeiro, São Paulo, Minas Gerais, Espírito Santo, Bahia, the Northeast, the Amazon, Brasília, the Pantanal and the South, covering Paraná, Santa Catarina and Rio Grande do Sul. -Attractions include: Rio's Corcovado, Iguazu Falls, Salvador's old town, Rio Amazon as boat trips and the Ilha do Mel. -Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, festivals and events, sports and outdoor activities and more. -Background information - a Contexts chapter devoted to history, the environment, music, cinema, football and recommended books, as well as a guide to Brazilian Portuguese. Make the most of your time on Earth with The Rough Guide to Brazil. About Rough Guides: Escape the everyday with Rough Guides. 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Practical, pocket-sized and packed with inspirational insider information, this is the ideal on-the-move companion to your trip to Tokyo. - Over 16 walks and tours: detailed itineraries feature all the best places to visit, including where to eat along the way - Local highlights: discover what makes the area special, its top attractions and unique sights, and be inspired by stunning imagery - Insider recommendations: where to stay and what to do, from active pursuits to themed trips - Hand-picked places: find your way to great hotels, restaurants and nightlife using the comprehensive listings - Practical maps: get around with ease and follow the walks and tours using the detailed maps - Informative tips: plan your visit with an A to Z of advice on everything from transport to tipping - Inventive design makes for an engaging, easy-reading experience - Covers: The Imperial Palace, Marunouchi and Ginza, Roppongi and Akasaka, Aoyama and Harajuku, Shibuya and Ebisu, Shinjuku, Yanaka and Ueno, Ikebukuro and Mejirodai, Asakusa, Fukagawa and Ryogoku, Tsukudajima and Toyosu, Odaiba, Kawagoe, Kamakura and Enoshima, Hakone and Nikko About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. 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The section contains a host of helpful troubleshooting advice: health cocktails for common ailments, herbal teas, tonics, vitamin- and mineral-packed food combinations, and detailed data on the roles foods play in the optimum efficiency of specific bodily systems, functions, and overall health. Part Two provides an easy-to-understand guide to fruits and vegetables. Each listing in this section presents a history of use, a buyer's guide, therapeutic benefits, and nutrient information. Part three contains easy-to-prepare recipes utilizing the "Foods That Heal." Each recipe makes use of the freshest and most natural ingredients - ingredients that are not processed or altered by chemical preservatives, food colorings, or additives. 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Areas covered include: Bangkok; Chiang Mai; Ko Samui; Ko Pha Ngan; Ko Lanta; Phuket; Ko Phi Phi; Krabi; Ko Tao; Ko Chang; Ko Kood; Ko Samet; Ko Mak; Pai; Ayutthaya; Nakhon Si Thammarat; Nan; Ao Phang Nga. Attractions include: Chatuchak Weekend Market; Jim Thompson's House; Wat Pho; Khmer ruins at Phimai; Khao Yai National Park; Wat Phra That Doi Suthep; The Grand Palace; Wat Phu Tok; The National Museum. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, the media, festivals, outdoor activities, spas and traditional massage, meditation centres and retreats, culture and etiquette, travelling with children, and more. - Background information- a Contexts chapter devoted to history, religion, art and architecture, flora and fauna, environmental issues, music, hill tribes, film and recommended books, plus a handy language section. **Make the Most of Your Time on Earth with The Rough Guide to Thailand.** About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. 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Amsterdam's best sights and top experiences, including Koninklijk Paleis, the Anne Frank Huis, Joods Historisch Museum, EYE Filmmuseum and the Van Gogh Museum. Itineraries: carefully planned routes will help you organise your trip, and inspire and inform your on-the-road experiences. Basics section: packed with essential pre-departure information including getting there, getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more. Background information: comprehensive Contexts chapter provides fascinating insights into Amsterdam, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold. 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Find your way around Lemesos, Pafos and many more locations without needing to get online. - Fabulous full-colour photography: features a richness of inspirational colour photography, including idyllic images of Cyprus's stunning beaches and jaw-dropping views of the ruins of ancient Salamis. - Things not to miss: Rough Guides' rundown of the Karpaz Peninsula, Troodos, Girne and Lemesos's best sights and top experiences. - Itineraries: carefully planned routes will help you organise your trip, and inspire and inform your on-the-road experiences. - Basics section: packed with essential pre-departure information including getting there, getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more. - Background information: comprehensive Contexts chapter provides fascinating insights into Cyprus, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. - Covers: Larnaka and around, Lemesos and around, Pafos and around, the Troodos Mountains, Lefkosia and North Cyprus. 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Areas covered include: Muscat; the Hajar mountains; Nizwa; Al Hamra; Al Batinah; Seeb; Barka; the Rustaq Loop; the Musandam peninsula; Khasab; Sharqiya; Sur; Saiq Plateau; Dhofar. Attractions include: Sultan Qaboos Mosque; Jebel Shams; Jabrin Fort; Khor ash Sham; Jebel Harim; Ras al Jinz; Wahiba Sands; souks; wadis. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, the media, festivals, outdoor activities, culture and etiquette, and more. Background information - a Contexts chapter devoted to history, wildlife and recommended books, with a useful language section and glossary. Make the Most of Your Time on Earth with The Rough Guide to Oman About Rough Guides : Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. 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Areas covered include: Seoul, Pyongyang, Sokcho, Gyeongju, Busan, Incheon, Suwon, Mokpo, Jeju Island, Danyang, Jeonju, Samcheok, Jeongdongjin. Attractions include: the DMZ, Gwangjang Market, Jirisan National Park, West Sea islands, Changdeokgung, Seoraksan National Park, Guinsa, Kumsusan Memorial Palace of the Sun, Pyongyang Water Park. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, the media, festivals, sports, culture, etiquette and more. -Background information - a Contexts chapter devoted to history, religion, film, books and contemporary Korea, as well as a helpful language section and glossary. Make the Most of Your Time on Earth with The Rough Guide to Korea . About Rough Guides : Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. 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The Rough Guide to Myanmar (Burma) (Travel Guide eBook) Rough Guides UK Discover Myanmar with the most incisive and entertaining guidebook on the market. Whether you plan to see Yangon's colonial architecture and absorbing markets, explore Bagan's astonishing profusion of ancient temples or trek to the Golden Rock at Kyaiktiyo, The Rough Guide to Myanmar will show you the ideal places to sleep, eat, drink and shop along the way. Inside The Rough Guide to Myanmar (Burma) - Independent, trusted reviews written in Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout - find your way amid Mandalay's bustling streets or between Mrauk U's fortress-like temples without needing to get online. - Stunning, inspirational images - Itineraries - carefully planned routes to help you organize your trip. - Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: Bagan, Yangon, Mandalay, Hpa-

an, Kalaw, Mrauk U, Maylamine, Naypyitaw, Myeik Archipelago, Dawei. Attractions include: Kyaiktiyo (Golden Rock), Taung Kalat (Mount Popa), Shwe OO Min Cave, Gokteik Viaduct, Ngapali Beach, Inle Lake, Shwedagon Pagoda, Ngwe Saung, Shwezigon Pagoda, Shwesandaw Pagoda. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, the media, festivals and events, outdoor activities and sports, responsible travel, culture and etiquette, shopping, travelling with children, travel essentials and more. - Background information - a Contexts chapter devoted to history, books, Myanmar's ethnic groups, Burmese Buddhism and traditional beliefs, Burmese architecture plus a handy language section and glossary. Make the Most of Your Time on Earth with the Rough Guide to Myanmar