

# The Bookshelf

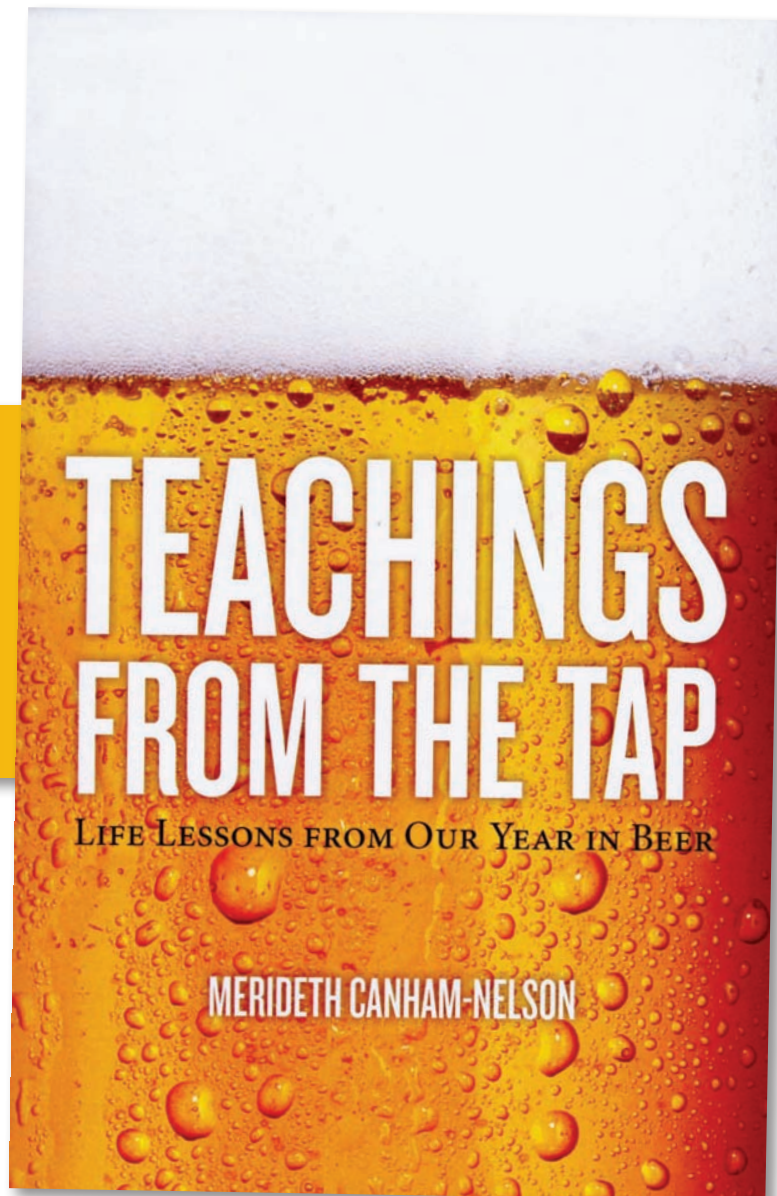
## TEACHINGS FROM THE TAP

LIFE LESSONS FROM OUR YEAR IN BEER  
BY MERIDETH CANHAM-NELSON

Self-proclaimed beer geeks and travel companions, Merideth Canham-Nelson and Chris Nelson have always shared a passion for touring breweries. The husband and wife duo turned their hobby into a year-long adventure to gain a better understanding of the role beer plays in other cultures. They visited seven countries and 90 breweries while enjoying 300 pints along the way. What Merideth did not count on was the way the trip would change her life. The exciting voyage, which both thought would simply be a chance to travel the world together and enjoy great beer, turned into a journey of self discovery. Their travels expanded their appreciation for the art of beer drinking but also altered their view of the world and themselves.

Initially, the couple planned to simply share their “year in beer” experiences by posting blogs and video clips on their website, [thebeergeek.com](http://thebeergeek.com): *Ramblings of Beer Travelers*. Merideth realized mid-way through the voyage, that would not be enough. She wanted to share a more personal account of her life-changing trip with the world.

Written in the first person, *Teachings From the Tap, Life Lessons From Our Year In Beer*, is Merideth’s personal account of the impact that different people, places and experiences, had on her life throughout the beer journey. Each monthly “beer tale” is coupled with a corresponding life lesson she took away from the experience. Merideth does a terrific job of



transporting the reader to the various places she visited through insightful observations and humorous tales, written in an enjoyable, conversational style.

While in Ireland, where the couple visited Arthur Guinness’ grave site, Merideth recalls the “aha!” moment she and her husband experienced while drinking their first authentic pint of Guinness in Ireland on a previous trip. She describes the warm and cozy tavern where they escaped the rain and bitter cold wind blowing outside. “It all seemed so quint-essentially Ireland,” she says. “This is where we realized the importance of drinking beer in its own context. Nowhere else in the world could drinking a Guinness inspire so much emotion. It is an experience that every visitor, beer lover or not, should encounter.”

This enjoyable read will resonate with both travelers and beer lovers alike. Each chapter will bring you closer to mapping out a beer adventure of your own.