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Tokyo Style Guide: Eat Sleep Shop

Jane Lawson

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Jane Lawson : Tokyo Style Guide: Eat Sleep Shop before purchasing it in order to gage whether or not it would be worth my time, and all praised Tokyo Style Guide: Eat Sleep Shop:

One of the most exhilarating and inspiring cities in the world, Tokyo is vast, complex and ever-changing, pulsating with youthful energy. Author Jane Lawson has been travelling to Japan for more than thirty years, and has led many group and private tours to various parts of the country. In Tokyo Style Guide she offers a unique insight into Japan's culture and aesthetic with her expert guided walks through 21 of the most intriguing and stylish Tokyo neighbourhoods and the best of what they have to offer. Jane shares information on how to get the most from your trip-

what to see and how best to experience it. Tokyo Style Guide is packed with places where you can shop, relax, be inspired, eat and sleep, as well as practical tips to help you prepare for your trip, navigate the city with confidence and make the most of your visit.

About the Author After many years working as a chef in Sydney, Jane Lawson moved into publishing, combining her love of travel, cooking and books. She is the author of Snowflakes and Schnapps, Spice Market, Grub, Yoshoku, A Little Taste of Japan, Cocina Nueva, Zenbu Zen and 2016's Milkbar Memories. She is also the co-author of BBQ Food for Friends, which won a Groumand World Cookbook Award in 2003. Jane has been travelling around Japan for over thirty years. She runs independent tours to Japan on a regular basis, guiding her clients to the best that the country has to offer, from culture to fashion, food and lifestyle. Her particular area of interest is Japanese cuisine. Visit zenbutours.com for more information.