

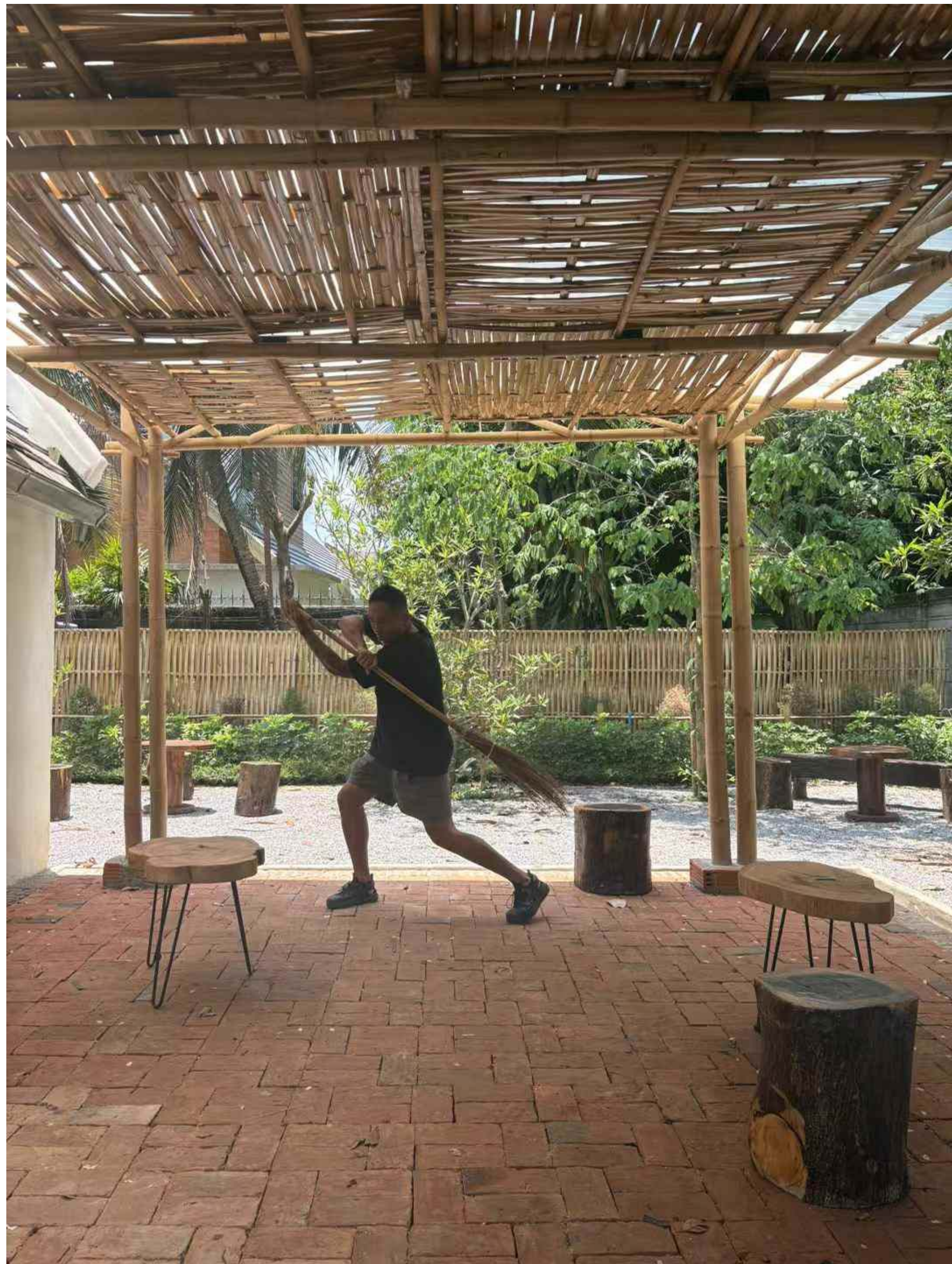
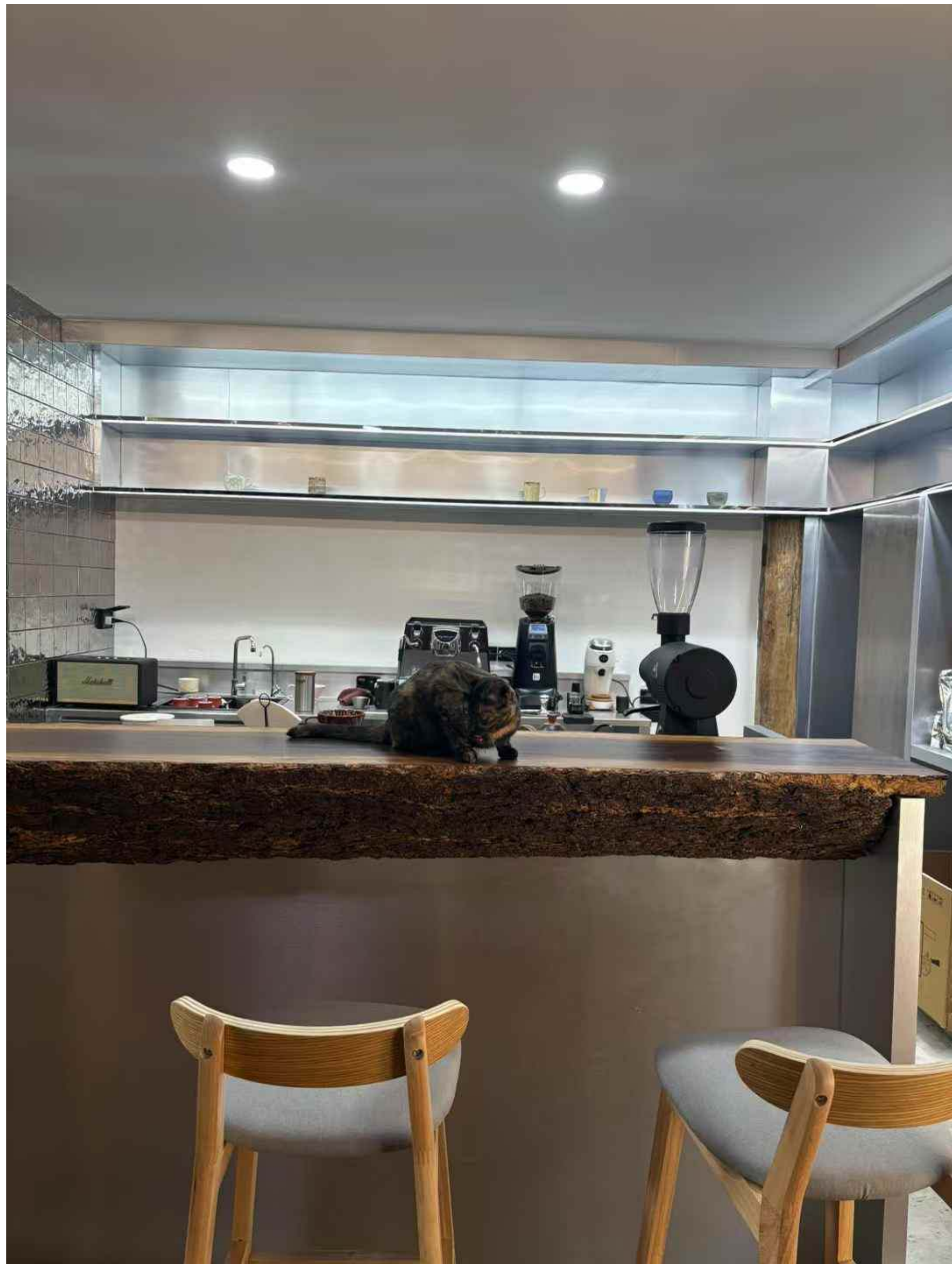


Expresso Yourself in English

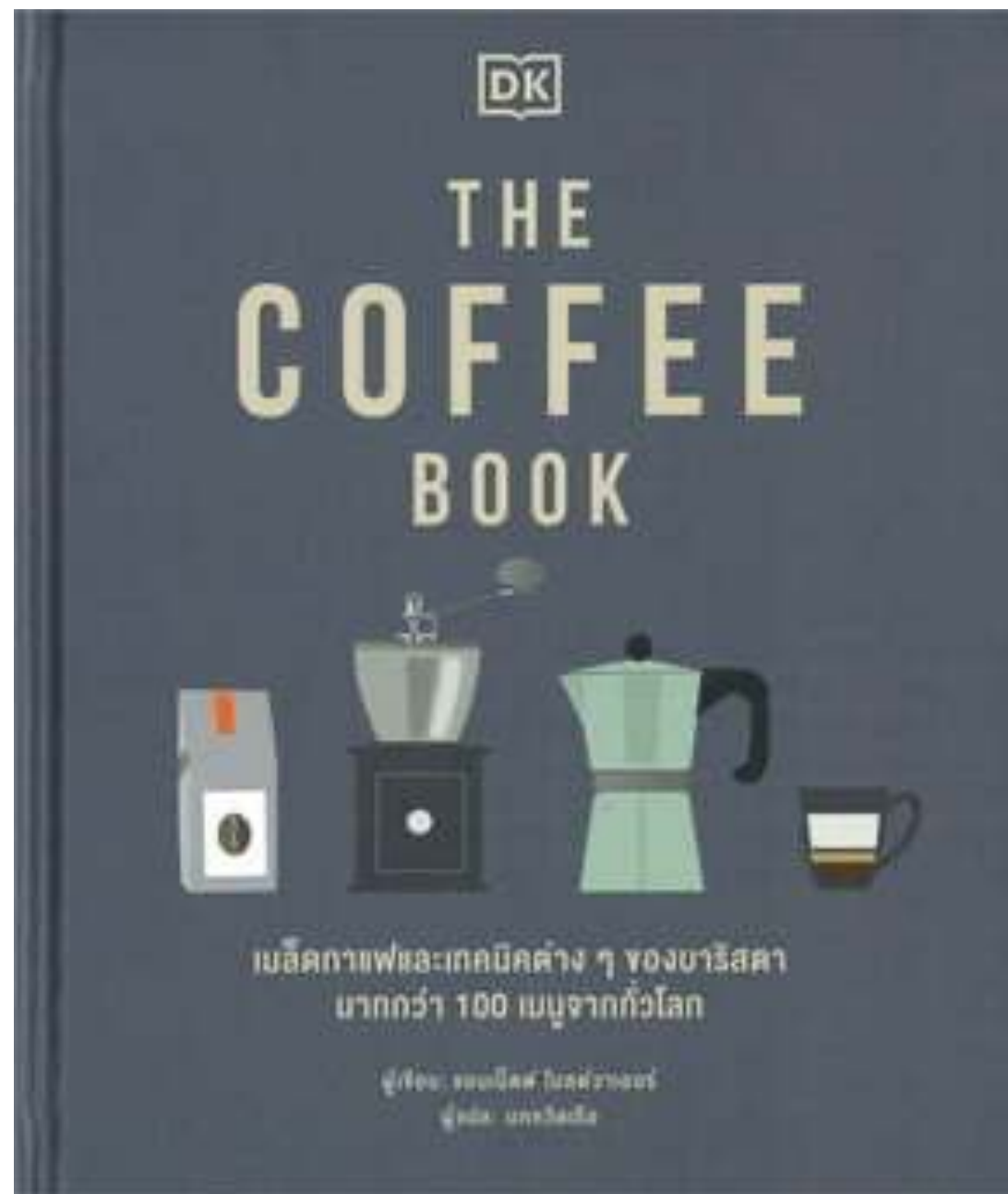












Google search results for "coffee terms".

Search bar: coffee terms

Navigation: All Images Shopping Videos Maps Books News : More Tools

Filters: Barista Cheat sheet Basic Drinks Different types of Latte

Results:

- Taste of Home: Different Types of Coff...**
- The Spruce Eats: Terminology for How to Order Coff...**
- Stone Street Coffee Company: An A to Z Glossary of Coffe...**
- Zecuppa Coffee: Glossary of Coffee...**

Country	Millions of Bags Per Year	Typical Harvest Months
Brazil	38.3	Apr-Sep
Vietnam	11.1	Nov-Mar
Colombia	11.5	Nov-Jan and Apr-Jun
Indonesia	7.2	Varies
India	4.7	Nov-Mar
Mexico	4.4	Oct-Dec
Ethiopia	4.2	Oct-Dec
Cote d'Ivoire	3.3	Nov-Jan
Uganda	2.9	Nov-Dec
Rwanda	2.8	Dec-Feb
Panama	2.7	Nov-Mar
Costa Rica	2.4	Dec-Feb
El Salvador	1.7	Nov-Mar
Nicaragua	1.2	Dec-Feb
P.R.G.	1.1	Nov-Mar
Thailand	1.0	Nov-Mar
Ecuador	1.0	Nov-Mar
Kenya	0.9	Oct-Dec and Jan-Mar
Guatemala	0.9	Nov-Mar
Venezuela	0.8	Nov-Mar
Tanzania	0.7	Oct-Dec
Philippines	0.7	Nov-Mar

- 1. My coffee journey**
- 2. What is “coffee”?**
- 3. What would you like to drink?**

My coffee journey

NESCAFÉ


*Crafted from Nature,
Perfected for Hustlers.*

100% Arabica & Robusta
Beans Responsibly Sourced



NESCAFÉ



8 oz

**MAXWELL
HOUSE**



GOOD TO THE LAST DROP

DECAF DECAFEINADO
ORIGINAL ROAST • TOSTADO ORIGINAL

MILD • CLARO | MEDIUM • MEDIANO | DARK • OSCURO

SMOOTH & RICH • SUAVE E INTENSO

INSTANT COFFEE / CAFÉ INSTANTÁNEO

POUR YOUR HEART INTO IT

How STARBUCKS
Built a Company
One Cup at a Time

**HOWARD
SCHULTZ**

CHAIRMAN and CEO of STARBUCKS

and DORI JONES YANG





STARBUCKS®

FRAPPUCCINO® Blended Beverages

	Tall	Grande	Venti
Coffee	225	250	285
Mocha/White Mocha	270	295	325
Java Chip	260	290	320
Caramel/Espresso	260	290	320
Caramel Java Chip	300	325	360

Coffee-Free

Vanilla Cream			
Strawberries & Crème	250	280	310
Green Tea Cream			
Double Chocolate Chip	285	310	340
Cold Coffee	255	280	300

Smoothies

Very Berry/Banana Berry/Banana	345	375	405
--------------------------------	-----	-----	-----

Iced Coffee

Iced Americano	210	235	260
Iced Latte	225	250	275

Make it yours

Add extra
Espresso shot
or Tea bag

₹55



Add syrup
- Caramel
- Hazelnut
- Vanilla

₹45



Add Java chips
or Whipped
cream

₹25



Choose your
dairy/non-dairy

- Regular milk
- Nonfat milk
- Soy
- Almond (+₹25)



Taxes Extra. Tall - 354 ml / Grande - 473 ml / Venti - 591 ml



BAKED FRESH
Quinoa Onion
& Emmental Twist

BAKED FRESH
Almond Tart
มะลิอัลมอนด์
125 บาท/ชิ้น

BAKED FRESH
Breizh N' Roll
ไส้เนย อัลมอนด์ ใส
95 บาท/ชิ้น

BAKED FRESH
Maple Pecan
Danish
แคนาดาแปะพิสทูน
95 บาท/ชิ้น

BAKED FRESH
Chocolate
Twist
ชีสโกโกแลตทวิสต์
85 บาท/ชิ้น

BAKED FRESH
Pain Au
Raisin
ครัวซองต์ราสเบอร์รี่
85 บาท/ชิ้น





Single Origin Coffee

**well known origin
floral, citrusy notes
clean, pure
more expensive**



Blend Coffee

**multiple origins
chocolate, nuts, vanilla
smooth, balanced,
complex
less expensive**







Clever Dripper

Chemex

AeroPress

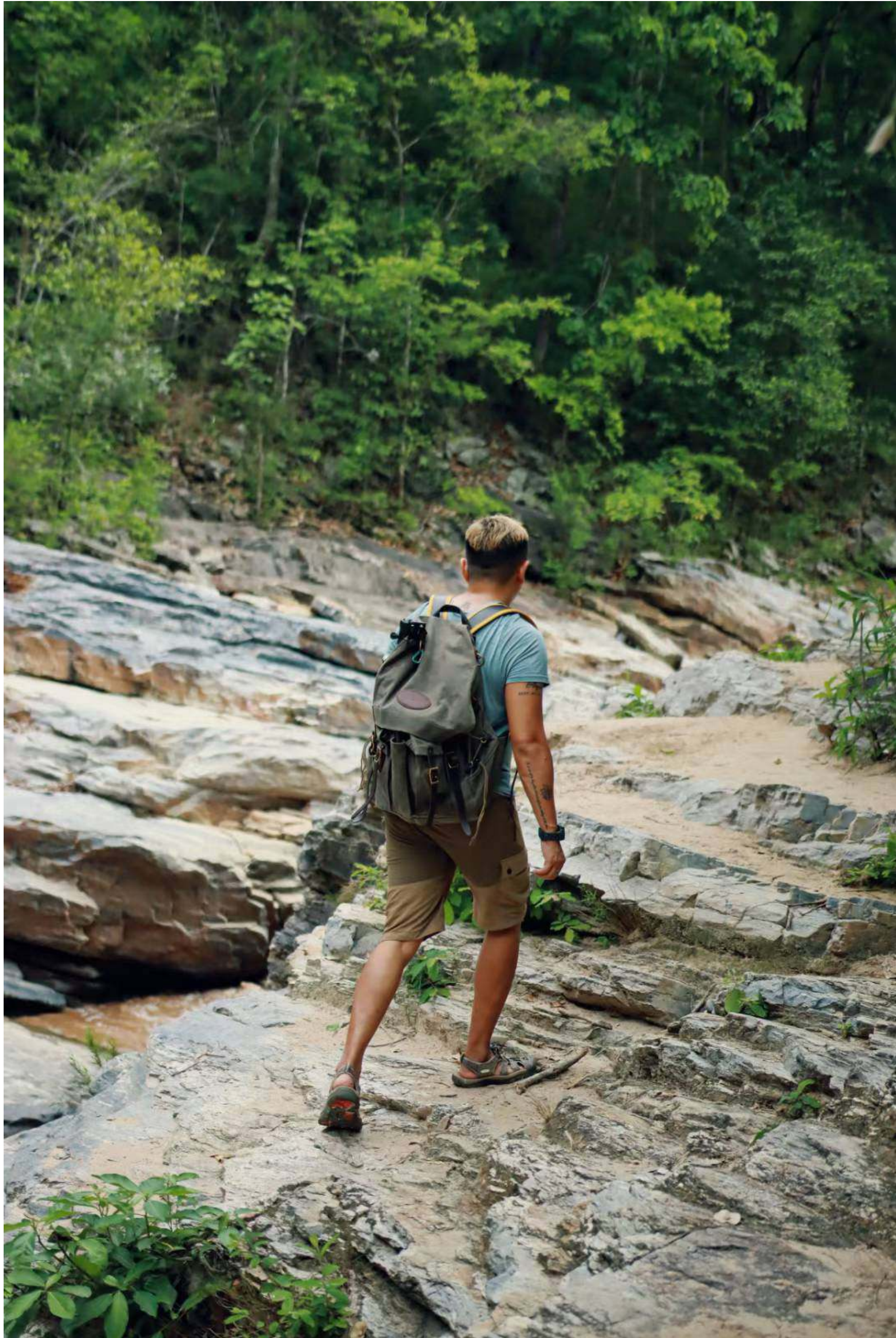
French Press

V60

Moka Pot

Cezve

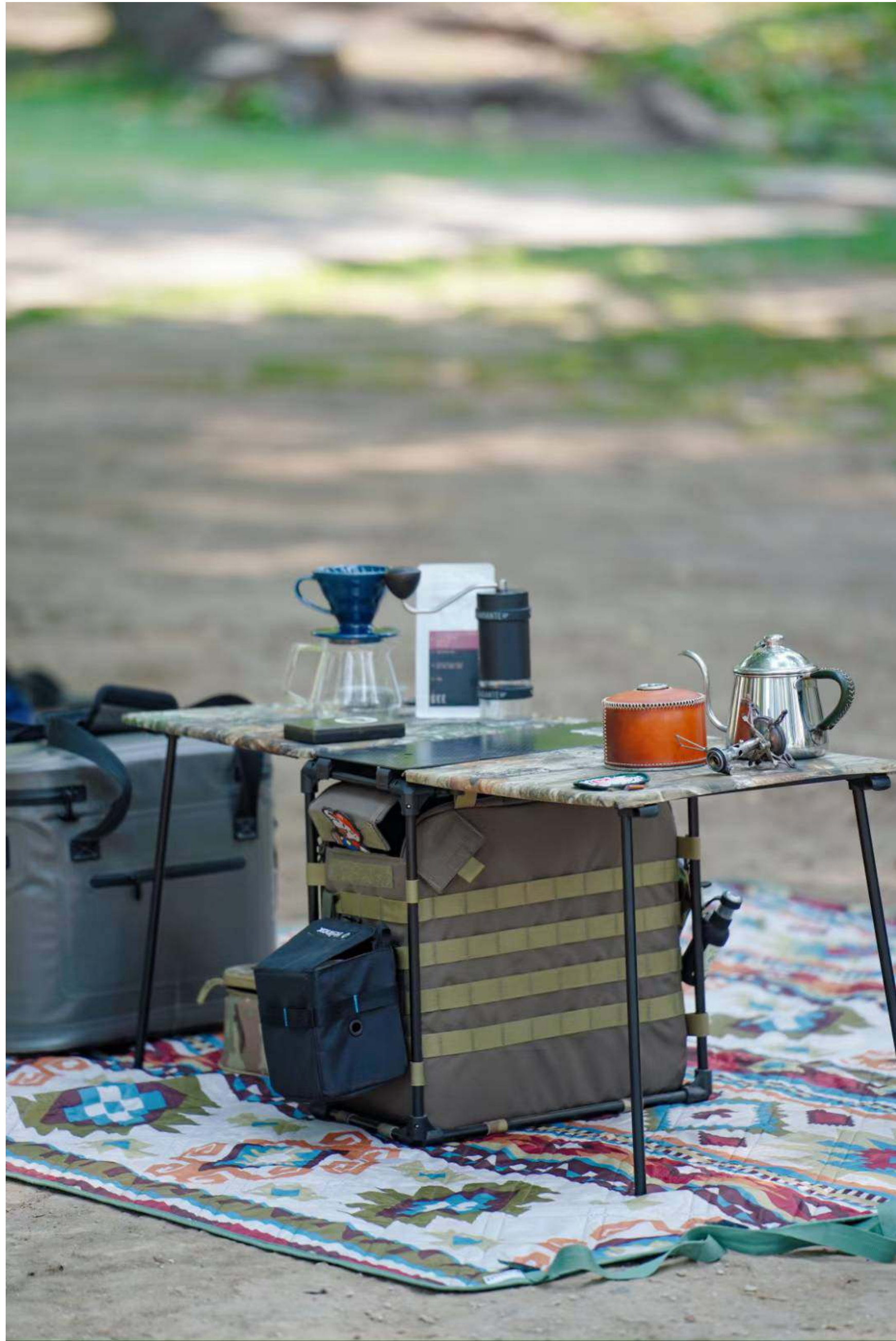
























Coffee is lifestyle.

WAVES OF COFFEE





FIRST WAVE



Increased
global coffee
consumption

SECOND WAVE

Coffee as a
quality social
experience



COFFEE WAVES



Focus shifted to
the finer details of
coffee from the
farm to cup

THIRD WAVE

Boom in iced
coffees & our
collective
responsibility



FOURTH WAVE

COFFEE REGIONAL FLAVOR PROFILES



AMERICAS

MILD AND BALANCED
NUTTY
SPICY
MILD ACIDITY

AFRICA

BRIGHT
ACIDIC
FRUITY
MEDIUM BODY

ASIA

EARTHY
CHOCOLATY
SWEET
HEAVY BODIED

TORCH
COFFEE ROASTERS

No.2

Zephyr SOE

ALTITUDE:
2200–2300M

REGION:
Sidamo, Ethiopia

NOTES:
Sweet Orange, Apricot, Cocoa

TRACEABILITY:
Hurro, Nensebo

VARIETY:
74158

Roast & Flavor

- **Roast Level:** Medium
- **Flavor Notes:** Sweet Orange, Apricot, Cocoa
- **Tasting Profile:**
 - **Black Coffee:** A classic expression of the quintessential Sidama profile, with peach and citrus notes upfront. The acidity is smooth and rounded, followed by a refreshing green tea aftertaste. The flavor is clean and layered, with a pronounced sweetness.
 - **Milk Coffee:** Nutty and fruity acidity carries through, resembling an apricot milk flavor enhanced by brown sugar. The balance of sweet and tart is well-maintained, with a smooth mouthfeel and long-lasting sweetness.

Flavor Background

Since Alo Coffee, a boutique coffee roaster from Sidama, won the 2021 Ethiopia COE Championship with beans from Alo Village, these beans have become a symbol of high-quality coffee from Sidama. The 74158 variety, one of the most expressive in the 74-series, has consistently won accolades for its vibrant florals and rich sweetness, earning the favor of baristas worldwide. This 2024 crop from the highland micro-regions of Hurro and Nensebo features Grade 1 natural-processed, offering brilliant fruit-forward notes and a refreshing green tea finish as gentle as a passing breeze.

Recommended Brewing: Americano, Milk Coffee

Would you like a cup of Joe?

What is coffee?

咖啡是什么？
“很苦的饮品”

Arabica vs. Robusta

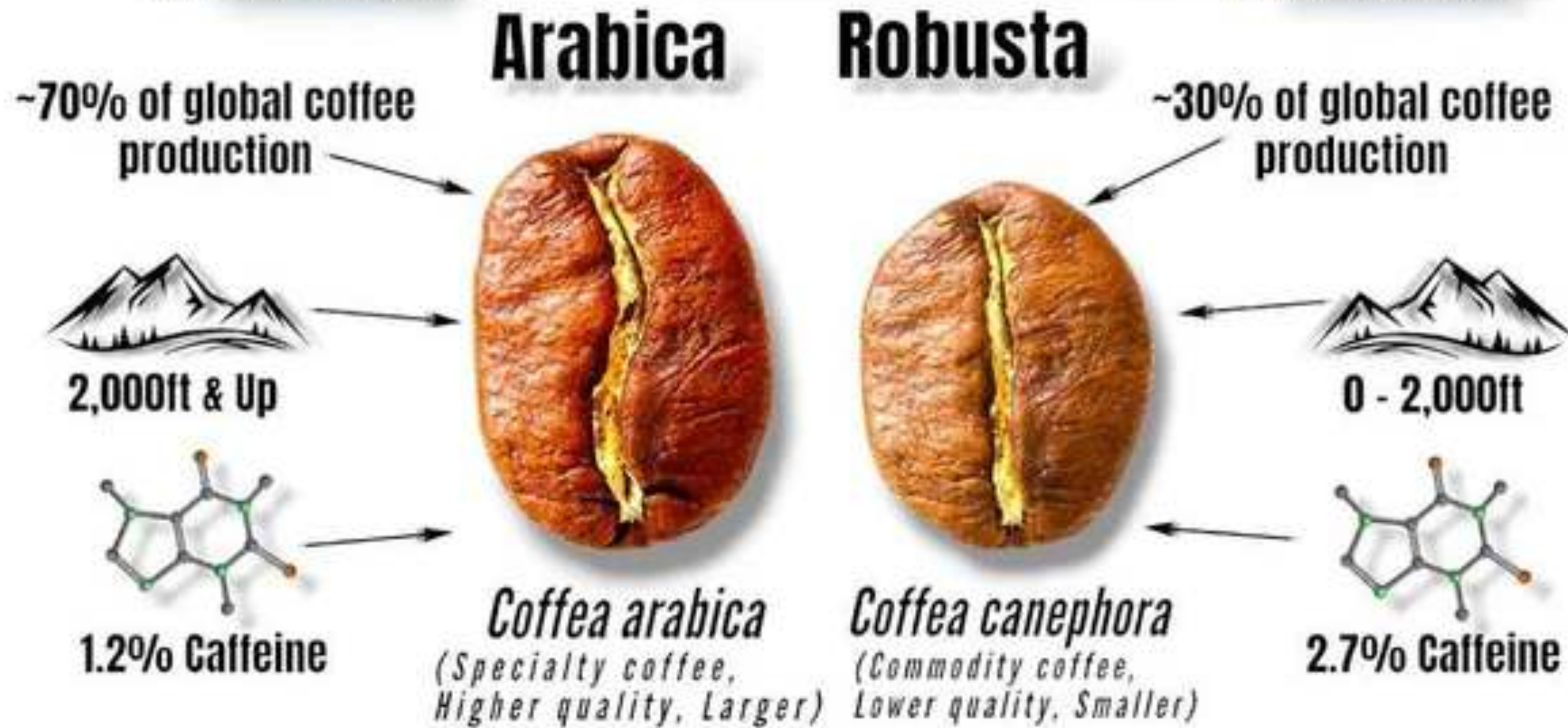


Figure 1. Arabica vs Robusta comparison

The Process of a **COFFEE BEAN**



Picking

cherry



Processing

peeled bean



Milling

green bean



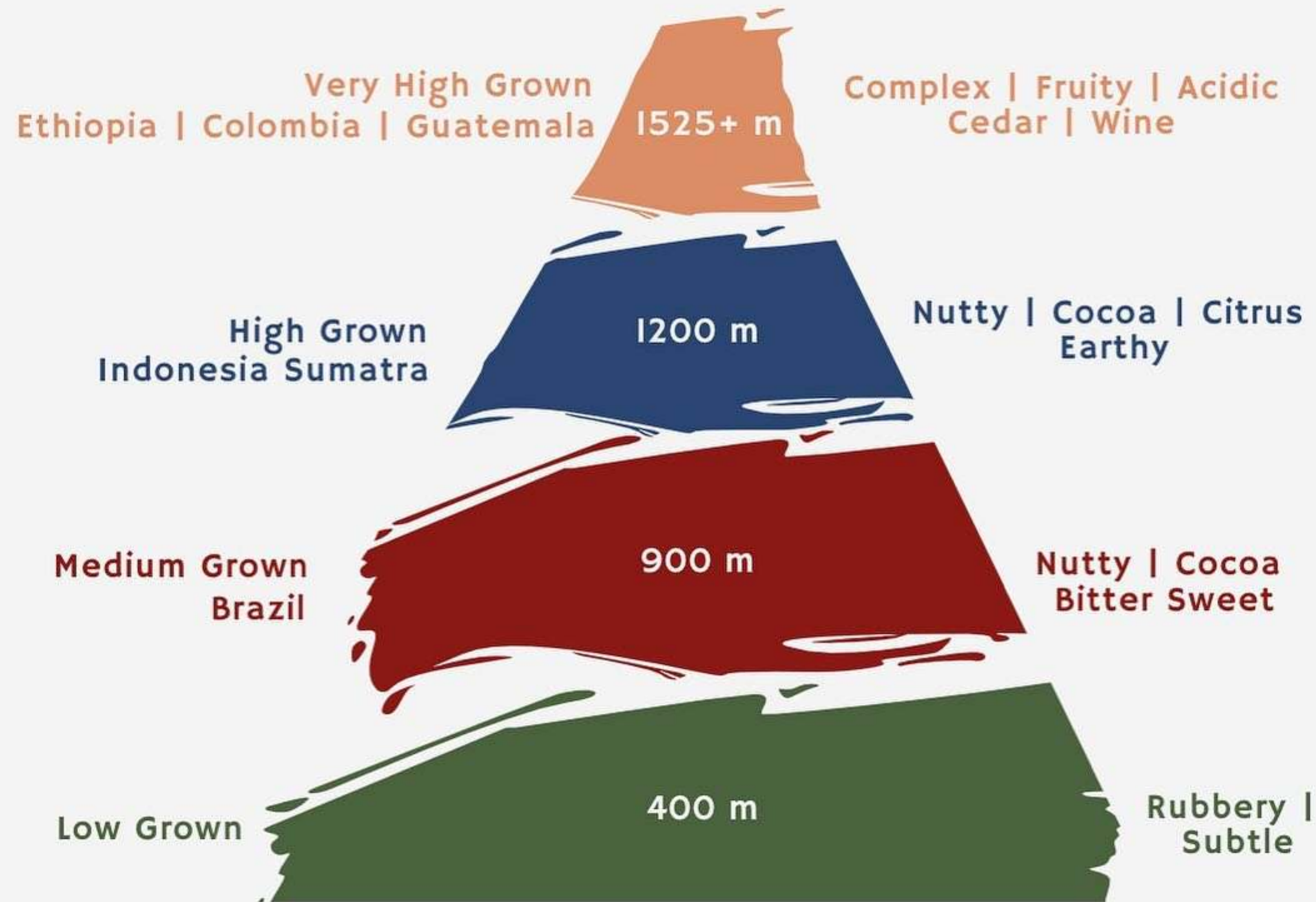
Roasting

roasted bean



COFFEE GROWING ALTITUDES

www.diffcoffee.com



DIFF
COFFEE





藍

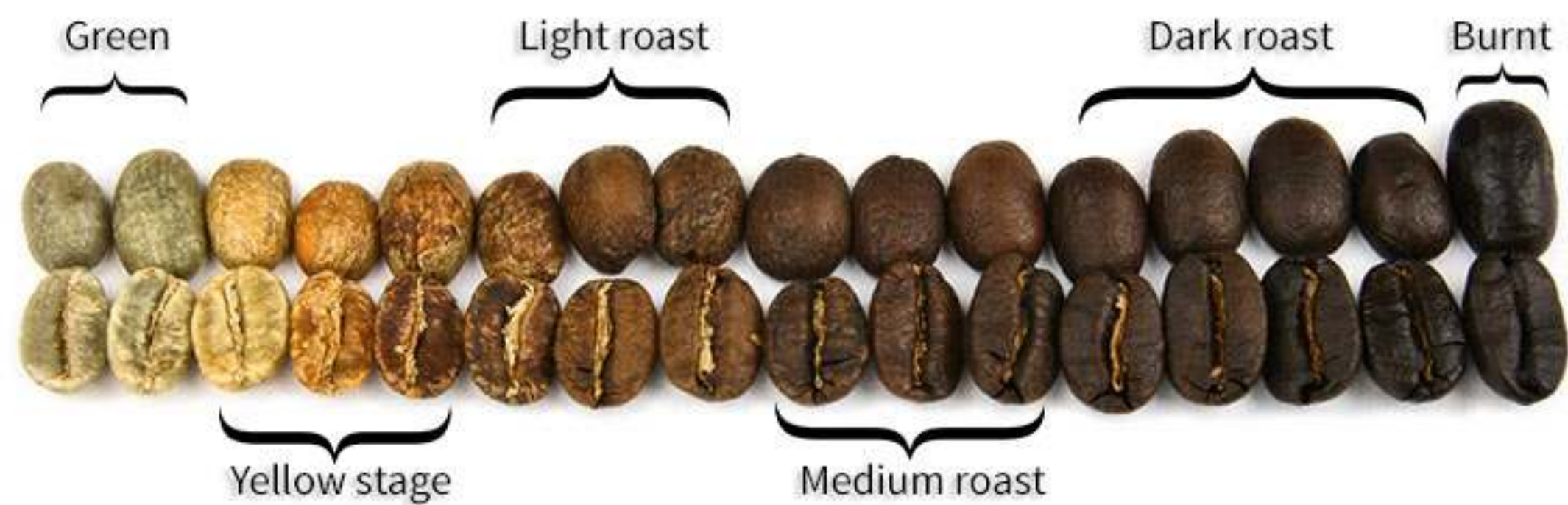
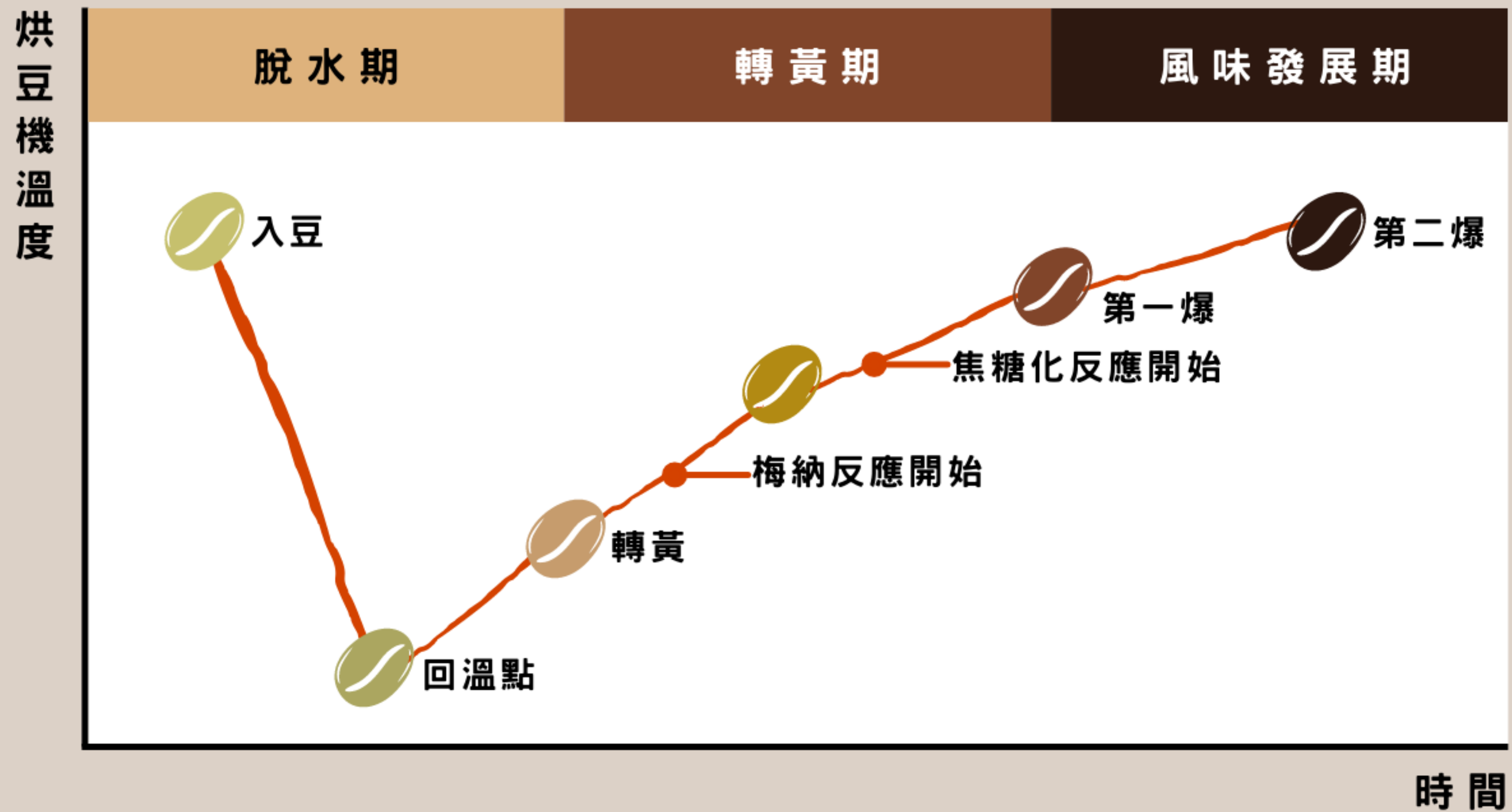
咖啡

解密

的明星品牌；

Coffee

[illegible]





Terroir Roasters

ROAST LEVEL:
Medium-Dark

No.1

Samudra Manthana Blend

ALTITUDE:
1200-2100M

REGION:
Ethiopia, Colombia, Brazil, Thailand

NOTES:
Nut, Chocolate, Butter Cookies

TRACEABILITY:
Sidamo, Huila, Minas Cerrado, Chiang Mai

VARIETY:
74112, 74110, 74158, Caturra, Typica

PROCESS:
Natural

Terroir Roasters

ROAST LEVEL:
Medium

No.2

Zephyr SOE

ALTITUDE:
2200-2300M

REGION:
Sidamo, Ethiopia

NOTES:
Sweet Orange, Apricot, Cocoa

TRACEABILITY:
Hurro, Nensebo

VARIETY:
74158



THE COMPONENTS OF COFFEE TASTE

AROMA

*The smell of coffee
responsible for many of
the flavour attributes not
directly perceived by the
tongue*

BODY

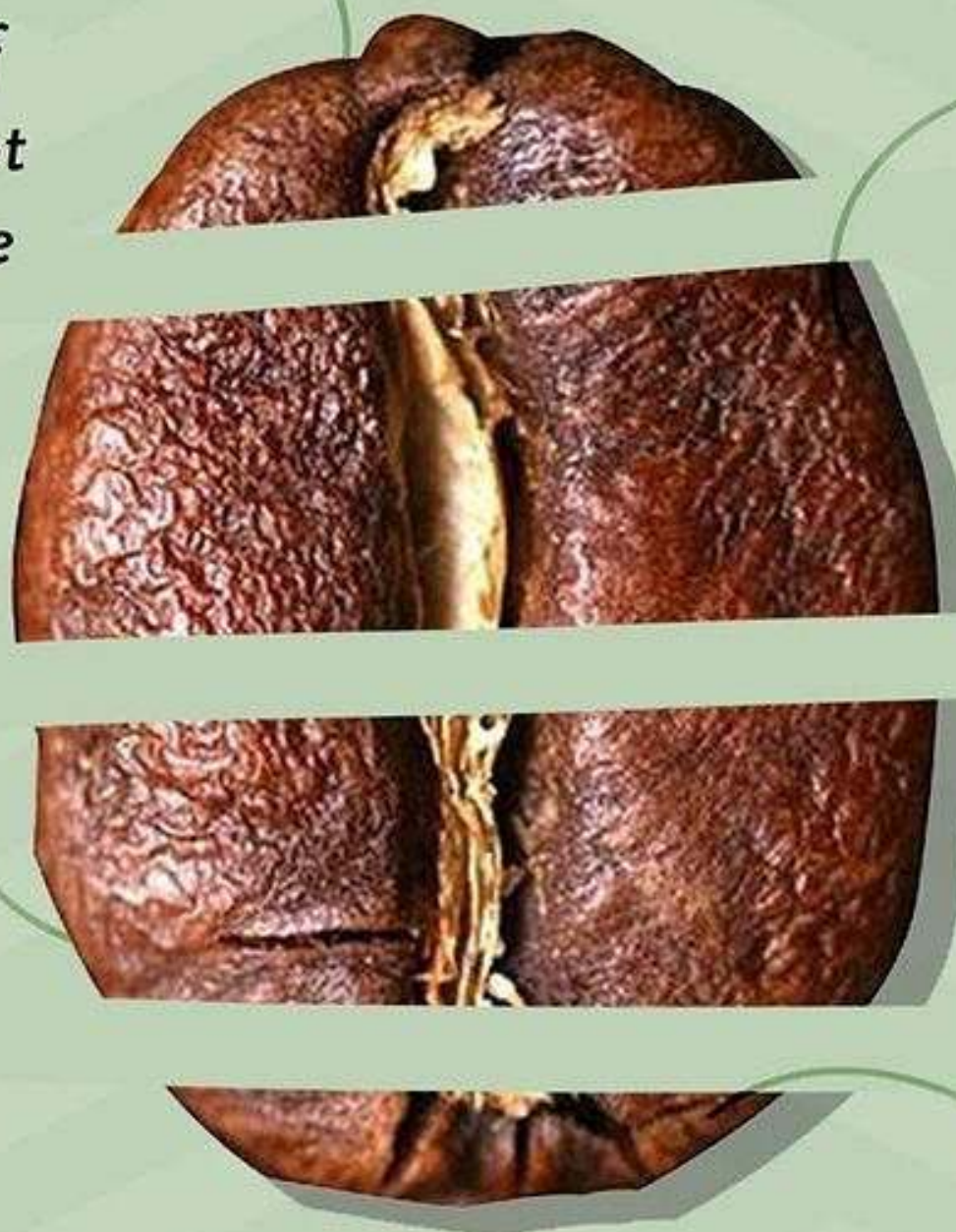
*A beverage's weight or
fullness as perceived on
the tongue*

ACIDITY

*The sharpness, snap,
sourness, or liveliness of
coffee*

FINISH

*Taste remaining in the
mouth after swallowing a
sip of coffee*





COFFEE EXTRACTION



What would you like to drink?

Is coffee good/bad?

Coffee contains some essential nutrients and is extremely high in antioxidants

Coffee is rich in many of the nutrients naturally found in coffee beans.

A typical 8-ounce (237 gram) cup of coffee contains (1👍):

- **Vitamin B2 (riboflavin):** 14% of the DV
- **Vitamin B5 (pantothenic acid):** 12% of the DV
- **Vitamin B1 (thiamine):** 3% of the DV
- **Vitamin B3 (niacin):** 3% of the DV
- **Folate:** 1% of the DV

Coffee may protect your brain from Alzheimer's and Parkinson's

Alzheimer's disease is the world's most common neurodegenerative disease and a leading cause of dementia.

Studies have shown that coffee drinkers have up to a 65% lower risk of developing Alzheimer's disease (11👍).

Caffeine can cause anxiety and disrupt sleep

It wouldn't be right to only talk about the good without mentioning the bad.

Coffee contains caffeine, a stimulant that can enhance brain function and boost metabolism

Caffeine is the most commonly consumed psychoactive substance in the world (3👍).

Soft drinks, tea and chocolate all contain caffeine, but coffee is the biggest source.

The [caffeine content](#) of a single cup can range from 30–300 mg, but the average cup is somewhere around 90–100 mg (1👍).

Coffee drinkers have a much lower risk of type 2 diabetes

Type 2 diabetes is characterized by elevated blood sugar levels due to resistance to the effects of insulin.

Caffeine is addictive and missing a few cups can lead to withdrawal

Another issue with caffeine is that it can lead to addiction (26👍).



vs



Types of COFFEE DRINKS



BLACK
• Just coffee



LATTE
• Espresso
• Steamed milk



CAPPUCCINO
• Espresso
• Steamed milk
• Foam



AMERICANO
• Espresso
• Hot water



ESPRESSO
• 1oz Espresso



DOPPIO
• 2oz Espresso



CORTADO
• 1oz Espresso
• 1oz Steamed milk



RED EYE
• Coffee
• Espresso



GALÃO
• Espresso
• Foamed milk



LUNGO
• Long pulled espresso



MACCHIATO
• Espresso shot
• Foam



MOCHA
• Espresso
• Chocolate
• Steamed milk



RISTRETTO
• Short pulled espresso



FLAT WHITE
• Espresso
• Steamed milk



AFFOGATO
• Espresso
• Ice cream



CAFÉ AU LAIT
• Coffee
• Steamed milk



IRISH
• Coffee
• Whiskey
• Sugar
• Cream





STARBUCKS®

FRAPPUCCINO® Blended Beverages

	Tall	Grande	Venti
Coffee	225	250	285
Mocha/White Mocha	270	295	325
Java Chip	260	290	320
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Smoothies

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Iced Coffee

Iced Americano	210	235	260
Iced Latte	225	250	275

Make it yours

Add extra
Espresso shot
or Tea bag

₹55



Add syrup
- Caramel
- Hazelnut
- Vanilla

₹45



Add Java chips
or Whipped
cream

₹25



Choose your
dairy/non-dairy
- Regular milk
- Nonfat milk
- Soy
- Almond (+₹25)



Taxes Extra. Tall - 354 ml / Grande - 473 ml / Venti - 591 ml

人气Top

中国茶咖

橙C美式

大师咖啡

精品SOE

小黑杯

生酪拿铁

生椰家族

丝绒拿铁

厚乳拿铁

经典拿铁

瑞纳冰®

不喝咖啡

甜品小点



生椰拿铁 **原创**

人气 | YYDS, 无限回购

¥18 ¥29



丝绒拿铁

年度重磅 | 丝滑感提升20.99%

¥18 ¥29



碧螺知春拿铁

限定茶咖, 一口尝到春天

¥20 ¥32



杏花乌龙拿铁 **新品**

白芽奇兰茶韵, 悠长杏花香

¥20 ¥32



生酪拿铁 **原创**

瑞幸2022年度拿铁众测冠军*

¥18 ¥29



橙C美式 **小众宝藏**

好喝又好 | 100个好评全星~1个



Best Sellers

Barista
Coffee

luckin
SOE
Series

luckin
Iced
Coffee

luckin
Exfreezo

Other
Drinks

The Hit
Package

Best Sellers



Coconut Latte

TOP PICK

\$ 6.40 \$ 8.00



Velvet Latte

\$ 6.40 \$ 8.00



Coconut Velvet Latte

TOP PICK

\$ 6.80 \$ 8.50



Dark Brown Sugar V...

\$ 6.80 \$ 8.50



Coconut Mo

0 item

Journey through the most common types of coffee



#1

Samudra Manthana Blend

เบลนด์สมุทรกันทัน

REGION:
Ethiopia, Colombia, Brazil, Thailand

TRACEABILITY:
Sidamo, Huila, Minas Cerrada,
Chiang Mai

ALTITUDE:
1200–2100M

VARIETY:
74112, 74110, 74158, Caturra, Typica

ROAST LEVEL:
Medium-Dark

NOTES:
Nuts, Chocolate, Butter Cookies

● Black Coffee ฿75
กาแฟดำ

● White Coffee ฿85
กาแฟนม

#2

Zephyr SOE

เอธิโอเปีย ซิดาโม อะโล ฮูโร
74158

REGION:
Sidamo, Ethiopia

TRACEABILITY:
Hurro, Nensebo

ALTITUDE:
2200–2300M

PROCESS:
Natural

VARIETY:
74158

ROAST LEVEL:
Medium

NOTES:
Sweet Orange, Apricot, Cocoa

● Black Coffee ฿80
กาแฟดำ

○ White Coffee ฿90
กาแฟนม

#3

Panyadan SOE

เคนยา โอ๊คแลนด์ส เอสเตท วอช
SL 28

REGION:
Kiambu, Kenya

TRACEABILITY:
Oaklands Estate

ALTITUDE:
1700M

PROCESS:
Washed

VARIETY:
SL28

ROAST LEVEL:
Medium

NOTES:
Raspberry, Brown Sugar, Black Tea

● Black Coffee ฿100
กาแฟดำ

● White Coffee ฿110
กาแฟนม







HOW TO MAKE COFFEE with an

Espresso Machine



Use Good Water

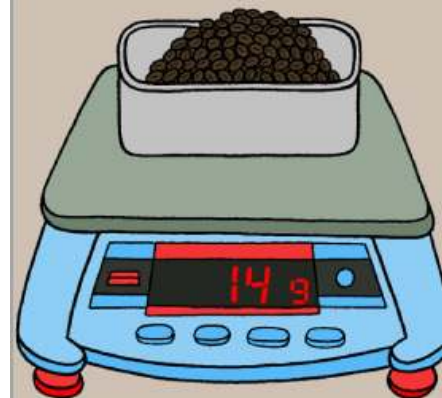
Fill up your water reservoir. The best is spring water, but distilled water works too.



Power On

Turn on the espresso machine and ensure the boiler is hot.

The light on your machine will indicate when the machine is ready.



Dose Coffee

Use 14-18 grams of coffee beans for an espresso double. Use 7-9 grams for a solo. You can still use volumetric dosing, by weighing the scoops.



Grind Coffee

Grind your coffee finely.

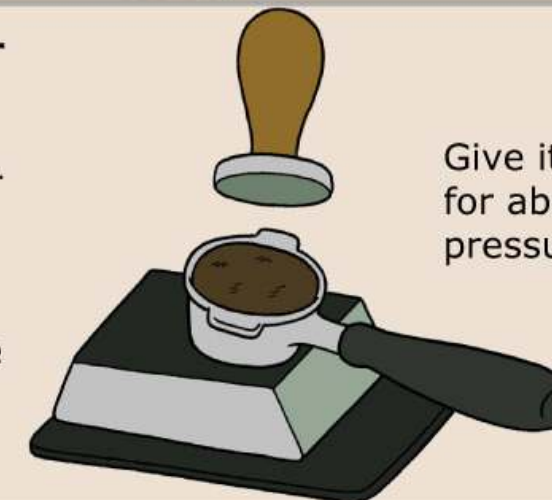
The grind size is smaller than for drip coffee. The grind size is comparable to table salt, for a comparison.



Fill Portafilter

Dump your coffee grounds in the portafilter, aiming to distribute them evenly in the filter basket.

Lightly tap the portafilter to achieve perfect distribution.



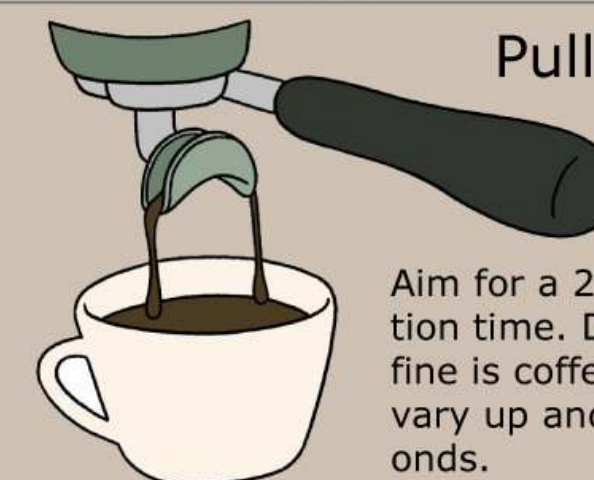
Tamp It

Give it a good tamp, aim for about 30 pounds of pressure.



Start Brewing

Lock the portafilter onto the brew head of your machine and press the brew button.



Pull the Shot

Aim for a 25 seconds extraction time. Depending on how fine is coffee ground, this can vary up and down by 5 seconds.

The Golden Ratio

Dose: grams of
ground coffee in

Golden Ratio

1:2

In 30 seconds

Yield: grams of
liquid espresso out

Extraction: the
time required to
reach a 1:2 ratio





BASIC LATTE ART



Daily Lab - Filter

#4
Himmapan

ไทย แส่นชัย เอสเตท ซิกเนเจอร์ แนเชอรัล บูร์บอน

฿120

REGION: Chiang Mai, Thailand	TRACEABILITY: Saenchai Estate	ALTITUDE: 1600M	PROCESS: Signature Natural	VARIETY: Bourbon
ROAST LEVEL: Light	NOTES: Roselle, Red Apple, Cinnamon			

#5
Astra

เคนยา ไคคแลนด์ส เอสเตท วอช SL 28

฿140

REGION: Kiambu, Kenya	TRACEABILITY: Kiambu, Kenya	ALTITUDE: 1700M	PROCESS: Washed	VARIETY: SL28
ROAST LEVEL: Light	NOTES: Blueberry, Cherry, Sweet Orange			

#6
Oasis

เอธิโอเปีย ซิดาโม อะโล ฮูโร 74158

฿140

REGION: Sidamo, Ethiopia	TRACEABILITY: Hurro, Nensebo	ALTITUDE: 2200-2300M	PROCESS: Natural	VARIETY: 74158
ROAST LEVEL: Light	NOTES: Passion Fruit, Lemon, Green Tea			

#7
Siddhartha

ปานามา ลา เอสเมรัลต้า แนเชอรัล กาแฟคาตุร่า

฿150

REGION: Boquete, Panama	TRACEABILITY: Jaramillo & Cañas Verdes	ALTITUDE: 1400-1700M	PROCESS: Natural	VARIETY: Caturra
ROAST LEVEL: Light	NOTES: Pineapple, Orange, Fig			

#8
Demeter

โคลอมเบีย ลา การ์เตเนีย กาแฟเกอิชาแบบล้าง

฿180

REGION: Huila, Colombia	TRACEABILITY: La Gardenia	ALTITUDE: 1700M	PROCESS: Washed	VARIETY: Geisha
ROAST LEVEL: Light	NOTES: Jasmine, Lemongrass, Berries			

PROCESS:
Natural

Terroir Roasters

ROAST LEVEL:
Light

No.7

Siddhartha

ALTITUDE:
1400–1700M

REGION:
Boquete, Panama

NOTES:
Pineapple, Orange, Fig

TRACEABILITY:
Jaramillo & Cañas Verdes

VARIETY:
Caturra

PROCESS:
Natural

Terroir Roasters

ROAST LEVEL:
Light

No.6

Oasis

ALTITUDE:
2200–2300M

REGION:
Sidamo, Ethiopia

NOTES:
Passion Fruit, Lemon, Green Tea

TRACEABILITY:
Hurro, Nensebo

VARIETY:
74158

PROCESS:
Natural

Terroir Roasters

ROAST LEVEL:
Light

No.9

Supalai

ALTITUDE:
1600-1800M

REGION:
Caldas, Colombia

NOTES:
Apple, Honey, Tropical Fruits

TRACEABILITY:
La Maria

VARIETY:
Castillo

PROCESS:
Washed

Terroir Roasters

ROAST LEVEL:
Light

No.8

Demeter

ALTITUDE:
1700M

REGION:
Huila, Colombia

NOTES:
Jasmine, Lemongrass, Berries

TRACEABILITY:
La Gardenia

VARIETY:
Geisha

HARIO



V60 CERAMIC DRIPPER 02 (WHITE)



๗๗๗๗๗๗๗๗

CAFEC TRAPEZOID DRIPPER (ARITA PORCELAIN)













Timer ☐

PREP

- ☐ Bring to a boil twice as much water as you'll need for the actual brewing (see chart below)
- ☐ Weigh and grind your coffee beans (**medium-fine grind recommended**)
- ☐ Fold your filter and place it in a clean dripper



STEP 1

1 min.

Preheat

- ☐ Pour in about half of your hot water, fully saturating the filter and warming the dripper and mug.
- ☐ After 1 minute or so, empty now-warm cup or carafe and pour your ground coffee into the filter and give it a gentle shake.

STEP 2

30 sec.

Bloom

- ☐ Gently pour just enough water (at the bed's center) to wet all of the coffee into your grounds.
- ☐ Allow it to rest for between 30 and 45 seconds.
(TIP: This causes the coffee to expand, or "bloom.")



STEP 3

3 min.

Pour & Brew

- ☐ Continue pouring - slowly, delicately, into the center of the grounds and swirl towards the outside.
(TIP: You should pour at such a rate that the complete brew process takes about 2.5 to 3 minutes.)



ENJOY!





STEP 1

1 min.

Preheat

Pour in about half of your hot water, fully saturating the filter and warming the dripper and mug. ☐

After 1 minute or so, empty now-warm cup or carafe and pour your ground coffee into the filter and give it a gentle shake. ☐

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STEP 3

3 min.

Pour & Brew

Continue pouring – slowly, delicately, into the center of the grounds and swirl towards the outside. ☐

(TIP: You should pour at such a rate that the complete brew process takes about 2.5 to 3 minutes.)



ENJOY!



TASTES

Sour, Salty
Acidic, Lifeless

Brew Time Too Short?
(Under 3min)

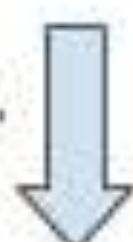
Adjust Grind Finer
Increase Brew Time



Brew Time Okay.

Lower the Coffee
Used to 16g.

Use Hotter Water



Brew Time Too Long?
(+3:30min)

Use Hotter Water

Lower the Coffee
Used to 16g.



Bitter, Burnt
Ashy, Dull

Brew Time Too Short?
(Under 3min)

Use Cooler Water

Increase the Coffee
Used to 20g



Brew Time Okay.

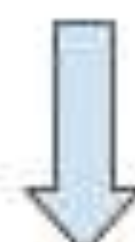
Adjust Grind
slightly Coarser

Use Cooler Water



Brew Time Too Long?
(+3:30min)

Adjust Grind Coarser



PROCESS:
Natural

Terroir Roasters

ROAST LEVEL:
Light

No.7

Siddhartha

ALTITUDE:
1400–1700M

REGION:
Boquete, Panama

NOTES:
Pineapple, Orange, Fig

TRACEABILITY:
Jaramillo & Cañas Verdes

VARIETY:
Caturra

Recommended Brewing Method: Pour-over

• **Brewing Guide – Pour-over (240ml)**

Water Temperature: 90°C

Coffee Dose: 16g

Water Volume: 240ml

Brew Time: 1:45 – 1:55

Ratio: 1:15

PROCESS:
Washed

Terroir Roasters

ROAST LEVEL:
Light

No.8

Demeter

ALTITUDE:
1700M

REGION:
Huila, Colombia

NOTES:
Jasmine, Lemongrass, Berries

TRACEABILITY:
La Gardenia

VARIETY:
Geisha

Recommended Brewing Method: Pour-over

• **Brewing Guide – Pour-over (256ml)**

Water Temperature: 93°C

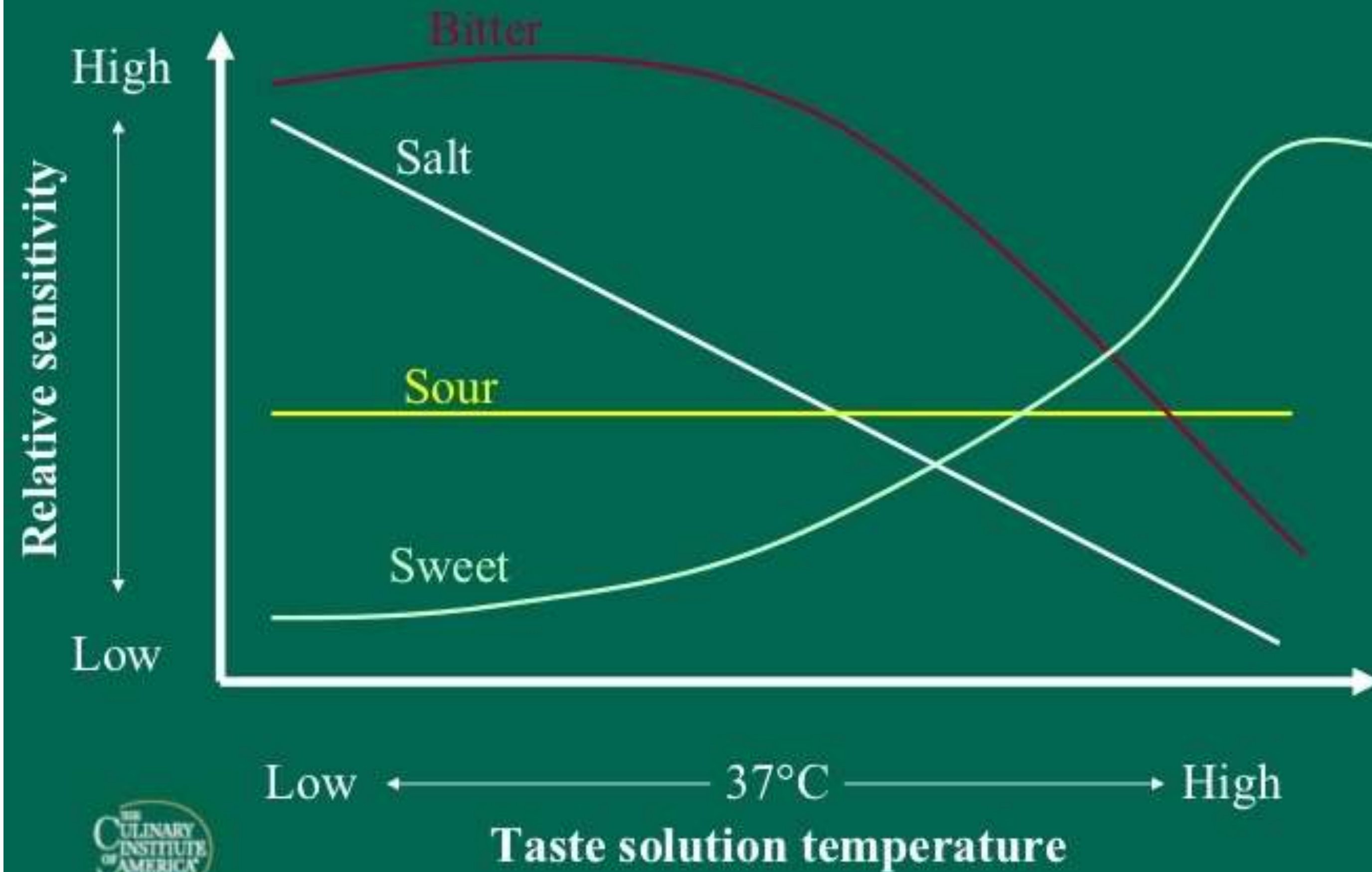
Coffee Dose: 16g

Water Volume: 256ml

Brew Time: 1:45 – 2:00

Ratio: 1:16

Temperature Impacts Perceived Intensity Of Basic Tastes



(Adapted from Sekuler and Blake, 2002, pg. 584)





DRIP BAG COFFEE

Abundant elegant aroma of local coffee

Have a cup of coffee anytime



Tear off top of
packet and filter
bag



Slowly pour hot
water through
(92°C- 96°C (150-
180ml))



Shake it lightly to
level, place
hangers onto cup



Remove and
Discard used
filter, Serve.

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James Hoffmann ✓

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Hi! My name is James, and I make videos about anything and everything to do with coffee...more

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What Does A Great Cup Of Coffee Taste Like?



James Hoffmann ✓ 960K views · 11 months ago

It's a tricky question, but I hope you enjoy the answer. Written & Directed by James Hoffmann Co-Producer: Daisy Collarile Director of Photography: Ben Saffer - [https://www.bensafer.com/...](https://www.bensafer.com/)



coffee meme



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coffee idioms



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Tools

Saved



Tea



Cup of



Meaning



Coffee beans



Idioms about



Coffee break



Idp ielts



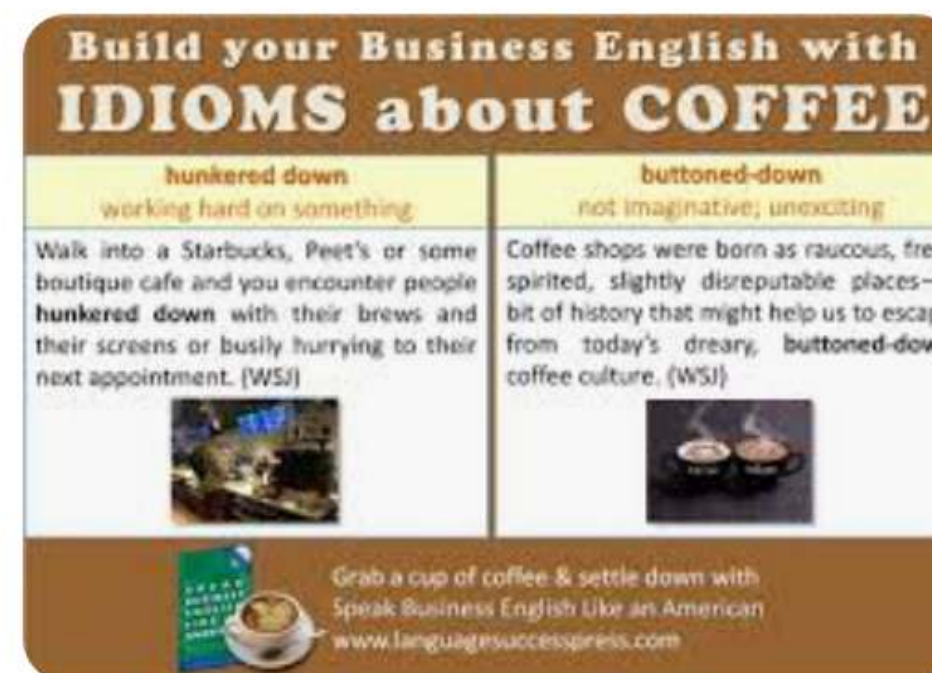
GrammarVocab
Idioms About Coffe...



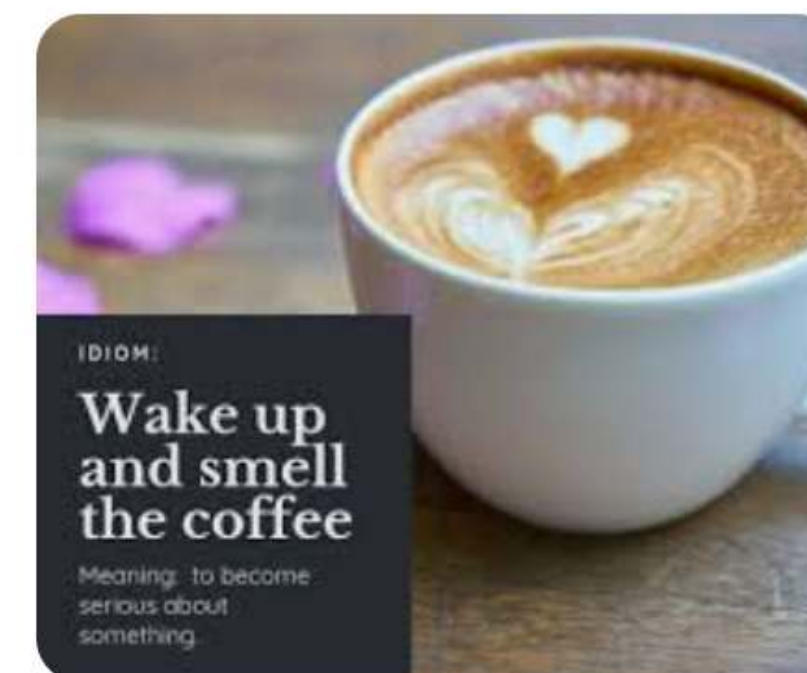
Oyster English
Idiom: Wake up and smell the coffee



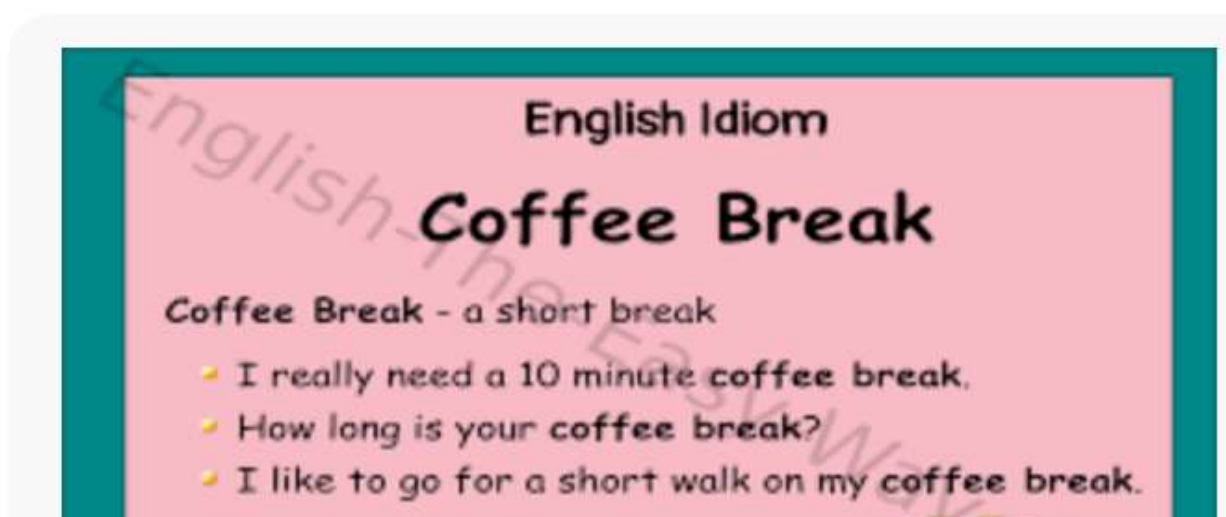
Pinterest
Idioms with Coffee



X
Drinking Coffee ...



Learn English or Bust
Wake up and smell the coffee



Coffee is psychologically rich.

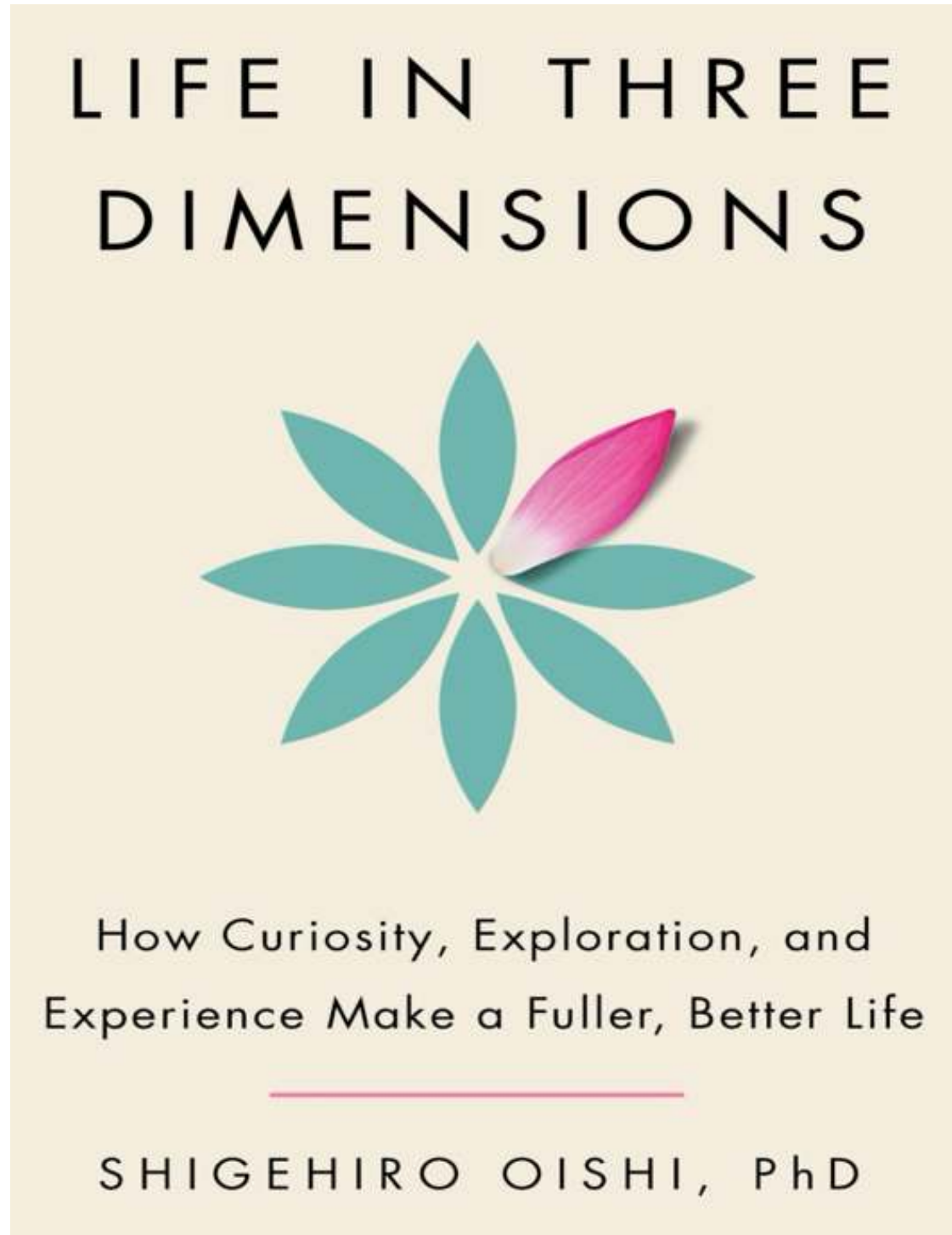


Table 1: Core Features and Metaphors of Happiness, Meaning, and Psychological Richness

	Core Features	Metaphors
Happiness	Joy, Comfort, Stability	Balloon, Batting Average, Sweet Chocolate
Meaning	Point, Impact, Coherence	Angel, Activist, Monk
Richness	Novelty, Play, Perspective Change	Treasure Box, Home Runs, Dark Chocolate

→ A good analogy is dark vs. sweet chocolate. When you eat a fine, dark chocolate, you immediately notice that it is different from a typical, sugary chocolate. It is sweet but also bitter, or even salty. It keeps you surprised, and it has heightened intensity, complexity, and depth. In other words, it's rich. Likewise, a psychologically rich experience is different from a typical experience; there is something unexpected and powerful. It has a variety of qualities, not just good or bad. Over time, the accumulation of psychologically rich experiences makes for a psychologically rich life, one with a distinct multitude of flavors. A psychologically rich life is, well, rich in terms of life experiences.



Coffee connecting culture