



**CONTINUE ►**

"Candice has created a guide to an ancient, common-sense and approachable way of living. In a crowded wellness space, Kintsugi Wellness truly stands out."-Sophia Amoruso, founder and CEO, GirlbossWhere we come from is who we are. And Candice Kumai's Japanese heritage has guided her journey back to health at every turn. Now, in Kintsugi Wellness, Candice shares what she's learned and guides us through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life, interwoven with dozens of recipes for healthy, Japanese-inspired cuisine. Kintsugi Wellness provides the tools we all need to reclaim the art of living well.

**CONTINUE ►**

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