

Caspar ([00:00:00](#)):

When it comes to health and wellness, there are a lot of competing voices out there. But today's guest sticks out with her far-reaching skillset and worldly approach named The Golden Girl of Wellness by Ellen Forbes. She's a 12 time award-winning writer, classically trained chef, former line cook, former TV host, and former model turned journalist. She recently released her seventh book on Audible and is here with us today to talk about it. This is the story of Spirited with Candace. Come on Candace. So glad to have you on the show.

Candice ([00:00:30](#)):

Thank you, Casper. It's so nice to be here and to finally meet a co friend or like a mutual friend, like a dozen people, maybe more <laugh>.

Caspar ([00:00:42](#)):

The networks within the space are, are pretty serious, aren't they? And, and the, the synchronicities of things and similarities. And the one thing I learned in listening to the book, which I've truly enjoyed and everyone should go out and listen to, is that we have this similarity of having Polish fathers

Candice ([00:01:00](#)):

Oh yeah. <Laugh>. And we've were responding over how it, it's amazing, but it's also very mysterious. And yes, I'll tell you everything. And there's so stoicism in everything that they do. Everything. And I think the same thing when I met you, Casper, at first I was like, oh my God, he has an amazing personality. And sometimes people look at me and they're like, how the did you come from your father? I'm like, I don't know.

Caspar ([00:01:27](#)):

Yeah. Well, you know, the thing is also I feel like my father could sometimes just turn on the charm a little bit with strangers and then go back to his, like, regular life with me <laugh> and just be like super stoked. And people like, oh, you must love him. He's so funny. I'm like, are we talking about the same person?

Candice ([00:01:43](#)):

Same guy. <Laugh>. Yeah. He has friends. He meets with coffee like every week, and that's where all the jokes and the playtime go. And then also still volunteers, like at the food bank and at the shelters. And I think they see a charming side of Yeah, the Polish father. And both of our fathers are also immigrants, which their fathers and mothers survived World War ii. Yes. I can't imagine what they went through. I only know like snippets like you were saying as well. So I, I also really believe that that sort of mentality of the war and the hard times in the old country it lives through them and it it's somewhere in us too, which might be why we work so hard at what we both do. But I agree with you, it, people did not understand how we were even related. So and growing up it was Kovski was Dows

Caspar ([00:02:41](#)):

<Laugh>,

Candice ([00:02:42](#)):

My surname. Mm-Hmm. <affirmative>. And it was only changed because of modeling very young to my mother's last name, kuai, which a lot of people don't know. But it doesn't mean that that hardworking stoic Polish side of us isn't, you know, in there every day.

Caspar ([00:02:57](#)):

It is entrenched, right. Once, once you have a Polish father, it is entrenched, especially an immigrant one that comes here. And your father was successful. Mine too, in a way because they work so hard. So it's in us for sure. And you absolutely work hard. Seventh Book incredible. That, that is quite the accomplishment. What led you to Spirited to, you know, again, we discussed a little bit this pre-recording, but you know, the idea of spirituality, it's, it's a tough one to break in and, and really meet, reach the masses in a sense, and get them to be on board. Some are like, oh, that sounds religious, others like, oh, that's woowoo to me. But what made you say, Hey, I wanna do this on kind of wellness, spirituality and, and make and create this book around spirited?

Candice ([00:03:44](#)):

Great question, Casper. It was also a hard right turn away from cookbooks and the playfulness of, you know, top Chef or Iron Chef Selena and Chef, all the things that I've been known for. I did want people to know that there's a flip side to every person. And for every person who is in the light or a connoisseur of the light, they absolutely have darkness. Whether they admit that to you or not is another story. And I felt like it was time for me to be a little bit more honest with my audience about my own addictions, my own hardships my own family, and how I wasn't doing well and how could I teach people wellness if I was actually sick myself. And I wanted to be much more honest with people. So I figured if I'm gonna go out with an audible original, I have to tell the story and I have to be very real.

Candice ([00:04:40](#)):

And so it was the only way I knew that I could share the Polish father raising me Catholic hardcore, and the Japanese mother raising me Buddhist hardcore and sort of being caught between these two worlds of Buddhism from the Polish, or I'm sorry, Buddhism from the Japanese side, and then being Catholic and Christian on my father's Polish side. I also thought it was strange that we did not discuss the beautiful relationships between people that chose to marry outside of their race. And for everybody to know that they chose love above all things. They didn't choose this person because they were black, white, Latino, Muslim, et cetera. They chose them because they, they simply love this person. And so my mother is still a Buddhist, my dad is still a Christian and they're best friends and they go to Costco every week and they're like in heaven together buying whatever Costco brand of insurance, air conditioning. I say, oh yeah, we got the air conditioning, got the Costco, it's on sale, great price. And my dad will be like, oh yeah,

Candice ([00:05:53](#)):

Costco. Amazing. We gotta look into those docks again.

Candice ([00:05:57](#)):

So they just have common bonds. And I thought we needed to hear that right now. So there's still food and nutrition and beauty and all the things I'm known for, but there was just this one thing that was missing. They say the first half of life is about the body, and the second half of your life is much about the spirit.

Caspar ([00:06:15](#)):

Right. And it seems like a lot of us are stuck on the body <laugh>, you know, they, they don't make that transition into the spirit <laugh>. And I feel like, or or maybe they're making the transition now from body to digital, right? Because it's kind.

Candice ([00:06:32](#)):

Yeah.

Caspar ([00:06:33](#)):

We've gone there and listen, I, I really appreciated that you were quite authentic in this in a sense of being like, Hey, like social media's a big deal in a sense, but it also is corrupting us. Can we acknowledge that? And also saying as somebody that's in it, been in this space for so long, I authentically will acknowledge I've gone through. I've had health, like issue mental things here and there that we all have. I know myself being in this space also, and just like running a clinic, it's like I feel like I can't tell people if I ever get sick. Yeah. It's like if I get I sneeze, they're like, wait, you didn't do a treatment for that. What are you sick? Or something like, what's wrong with you? You're a fraud <laugh>. And it's like, no, you're allowed to have these days. Right. And I, it just, I, I feel there's, there's a, a facade around it, around the idea that's pulling us away from spirituality into the digital world, into a fake existence. How did you navigate that, being in the public eye, being this, you know, this golden child in a sense and still able to tap into a spiritual world when so much of what goes on pushes us in the digital and away from that?

Candice ([00:07:44](#)):

Well, you know what's so crazy is you have the same like syndrome unfortunately, or fortunately that I do, which is like, you're, you're almost born into a family where they expect so much of you. So there's like a golden standard in your family. I know with the Polish dad and the Japanese mom that we've had to my sister and I always thought we could never be a failure at anything that we did. And that would mean never ever, ever showing who I really was. I even, I know my vernacular sounds like a TV host and that's because I was a TV host and I know that when I went on home shopping network, I was a host there at 25, which nobody knows about cause I'm ancient and I've done every job in the world in front of the camera. But people said, oh, we need to take your vernacular out because you say like, and dude, and oh my God, because I'm from San Diego.

Candice ([00:08:38](#)):

And that's what we say, it's part of the culture. So I've been told everything that I should and shouldn't do. What to wear, how to look, how to dress, what to present, what to say, what not to say. And I was so confused by the time social media came out where I was like, you mean I'm supposed to tell people now when I'm having a bad day? Like, is that cool? Is this ok? So it was very distorted from the beginning because as my mom says, oh yeah, around 2020 afterwards, everything is so crazy with technology I can't keep up. And I feel her, you know, she's a Japanese language and cultural teacher. She taught me everything that I know from going to Japan at five years old to writing my seventh book with her and her blessing. And that is something I don't think authors do very often is, is write with their mom as like a Japanese and cultural editor on this side who teaches them this is okay to say, and this isn't, I even gave her a copy of this book in advance.

Candice ([00:09:40](#)):

My agents at U T A would print out copies for me and print, even though it went on audible, it was still really important to look at the values, the morals, the structure, the Buddhist principles, the four noble truths, the eightfold path. Like everything had to be as accurate as possible. So she barely looked over it this time because I think by number seven she trusts that I'm not going to put anything horrid or outrageous or, you know, awful in the book. And then I think that there also was a built trust with my own audience already by that point that it was like she's the real deal. Candace has done everything possible that she could possibly do. You know, including culinary school line cook editor at every food magazine or wellness or health magazine that I could think of in New York. Judging on Iron Chef to, you know, the dumbest food shows in the world like Extreme Chef, or this one's not dumb, but be Bobby Flay.

Candice ([00:10:42](#)):

You know, it's, there's a million things that people can say they think they know you for, but at the end of the day, like you don't, you don't know me. No, I don't know. You we're right behind closed doors. Like we all have voices, we have bad days, we have depression, we have anxiety. So to answer your question, like this was the first time I actually revealed the horrible addictions and thoughts and dating process and you know, my Rolodex of men, you know, I loved going out with my friends and partying and then I always thought that prescription sleeping pills were just for traveling and no big deal. And then I got hooked on them. And these are things I wanted to talk about because I thought it was too fake to tell people that I was the golden girl of wellness all the time.

Candice ([00:11:35](#)):

And then like we had spoken about earlier, I was, I was just waiting for the haters to come out cuz I was like, bring it on cuz there's nothing you can do like to phase me at this point. And sure enough, as soon as the first bad review came in Casper, I was like, oh <laugh>. And I read it and I cringed and I was like, oh, I know my voice sounds corporate. You wanna like, sorry, I can shoot a commercial tomorrow and get paid for it. It's part of my job. Yeah. But I, I can't change who I am and I, nor do I want to. Right? Like I often see, you know, you're doing something right when you can be honest and say my life is pretty up. But I wouldn't trade it with anyone. I honestly wouldn't even as on as an entrepreneur on my worst days, you know, just last week I had another like, I call it like a little depression like episode when you have a, a big project come out and you are just done and you sort of lie in bed all day and you're bit down on yourself because you've completed something astronomically huge that took five years.

Candice ([00:12:51](#)):

And so I'm still human. I still have depression and anxiety and you know, for the haters like that wrote, I sound corporate and I'm fake. You don't know me. I didn't even put half of the I've gone through in the book because I was too afraid. So unfortunately we live in an era where you and I and everyone else listening as pod will live in fear of what other people think and we will never actually be able to show you who we truly are, what we're truly going through, and what our lives are actually shaped like every day. And because of that, I ask people to give me grace and to give others grace and to never judge somebody else's mental health issues as surfacey because I'm sorry, but you will never know the experience of another human being and never, if you say one nasty thing to somebody, which is unkind and honestly not even validated half the time, not true at all, that person might go out and be extreme and kill themselves.

Candice ([00:13:58](#)):

And it is something that people need to be aware of these days is like, please don't say anything unkind to others if you can help it because you might trigger them to take their own life at this point. And I wrote the book mostly Casper for every young girl out there cuz they might have needed to hear my story to save their life because I've been there, I know what it's like. I feel like I've lived 20 or 30 lives already and everybody has a darkness and we must be made aware of this. And no one suffering is more important than another person's. Yeah. It is not more, nor is it less, it should not even be measured.

Caspar ([00:14:40](#)):

Right. I always make that, you know, point that you can't measure as someone suffering against the next person's or anything. It's, it's impossible. It's like, tell me how your pain is. I just spoke with a doctor before this about pain and then it's, you know, it's a, it's a scale, but your 10 may be, you know, someone else's too and the other way around. And we're not looking to compare it. It is what it is to you and that's all that matters. So let's, let's you know, first acknowledge that and give people the space to, you know, have their suffering in a sense and not add onto it. I think there's like a great point of, of this book is that the more authentic you get, the the better you are at connecting to the universe, to your spirit, to other things. There's, there's less of a bridge I feel like, between you and who your fulfillment or your highest destiny becomes.

Caspar ([00:15:32](#)):

And unfortunately, you know, we do live in a society where so much is fake and so much is this, we're scared to be vulnerable, we're scared to put ourselves out there to get the haters to do all that. And then we sit there on digital and we just, you know, obsess over others' lives and get caught up in the algorithms of life. But especially in the health field, I feel like it's become incredibly saturated. You know, this, we've both been in it for a while, 20 plus years or so. You've done so much in so many different areas of the field from writing to the cooking to the media, all of it. It's changed hasn't it, over the last 20 years.

Candice ([00:16:11](#)):

I wish I could savor the best

Caspar ([00:16:13](#)):

<Laugh>. I wish so too <laugh>.

Candice ([00:16:15](#)):

Yeah. But ditto also Casper, you should be very proud of where you are and carrying on your parents' legacy. And like we spoke on earlier, not everybody can be a doctor and some of us have a different calling, you know, and I didn't, I didn't wanna cook for a living. It was a terrible, like my line cook days were some of the craziest, most psychotic of my life. But I cried next to the dumpster or in the fridge and <laugh> people would find me in there and be like, are you okay <laugh>? Right. No, no I'm not. I <laugh>, you know, it's, and also on Top Chef I was, you know, the youngest person to ever be on the show for the first season. And but the long youngest of all time ever, I mean that was a really brave position to be in without even realizing that I was brave. And I do want people to know that was 2007, you know, this is, it was so long ago that I don't even remember. I don't remember that the climate was so different at the time. I'll say that.

Caspar ([00:17:17](#)):

Right, right.

Candice ([00:17:19](#)):

So publications like I used to be in-house at a few, including Shape Men's Journal, men's Health, women's Health and in-House at Rodale or a m i. And whether I agreed with what some of these magazines and publishing houses did or not, cuz some of them were still tied to tabloids and gossip columns or gossip magazines. I knew that it was just a machine. And so learning the process of being an editor, a food editor, a wellness editor that was work and a skillset that I learned so much from that I could go out on my own and write independently for Vogue and Cosmo Well and good and have done so since then. And then now I shoot and direct and produce like documentaries and video content for people like N HK World, which is Japan, c n n or Shiseido. Which is, you know, Japanese beauty at their largest scale.

Candice ([00:18:14](#)):

And it doesn't make me any more less of a human. And that was something I think I want people to know is like, I still hurt, I still cry, I still crawl in bed and get depressed. And just because you get shackled up with somebody doesn't mean that you still don't have lonely days or trying times. Relationships take a lot of work and just because I still live back in the city of dreams, it doesn't mean that I sometimes sit in my own apartment and, and say, why isn't the phone ringing? Yeah. And I miss the hustle and bustle of working, you know, in the city at a magazine, but I also know that it's also dying. You know, this is sadly a time where we are seeing our own friends get laid off at every magazine, at every publishing house, at every news network, at every TV show.

Candice ([00:19:08](#)):

Like, and the writers are on strike and every friend in media, whether they're at, they could even be at like YouTube and Google, et cetera. They're all getting laid off right now. And what has changed is we don't take people that have high skill sets and resumes that are longer than a scroll serious anymore. We go to social media and we look at their fake numbers and we look at their fake followers that they bought. And I know I sound like a hater right now, but I think everyone should hear us out professionally. Mm-Hmm. <affirmative> after investing 20 years into our craft, whether it is writing, producing, directing, a lot of us have been duped by con artists. And that's the part of wellness that I think has been not spoken about publicly very often. It is quite disturbing. And the more doctors and nutritionists and practitioners and writers and journalists that I talk to on a daily basis, the more we have these conversations, the stronger we are when we are unified and saying, I see you.

Candice ([00:20:16](#)):

I know you, I know your resume. I've worked side by side with you for two decades and I will always hire you whenever I have a chance and give you opportunity. And it was so blatantly clear when I came out with book number seven, who supported my work and who knew that I was the real deal. I can cook anyone under the table. I can't drink anyone under the table anymore. Unfortunately. I used to be able to, but I can, I can write books well on my own. I don't need a ghost writer. I don't need anyone to hold my hand through production and direction, even if it's on the other side of the world in Japan, I'm confident in my skills, but as a woman at 40, I still don't have the opportunities I've always dreamed of getting. Yeah. Whether that is a TV show, a series, a regular, I mean, would it kill somebody to have me on as a regular writer or a an in-house author at a publishing house? It's so sad that so many of us get overlooked because we didn't buy fake followers and we didn't fall into the trap of trying to sell you on

your vulnerabilities. People like you and I Casper care about one thing and that is being of service to other people. Yes. And unfortunately, you don't really get rewarded for being a good person in this world anymore. And that is the part of wellness and health I would like to change.

Caspar ([00:21:42](#)):

Yeah. It's, it's pervasive now and I've seen it in medicine as well. When I look at, you know the, the industry, even just a alternative holistic medicine, integrative medicine, you see, you know, doctors that market themselves well and doctors that actually help patients. And it's very rare you could do both. You know, part of what I've always wanted to try and do is give doctors the environment and space to really focus on the patients and help them with all the other tools such as marketing everything else so they don't have to step away. Yeah. But you know, I I, I hate that when sometimes, you know, my father has worked all of his life in his seventies now and a new guy that's just been on some show cuz he got to a hundred thousand followers and they go to him instead and Oh, he said something different about it. Well, I was like, I I've been doing this for a long time and you know, he has the polish thing where he is like, ah, take it or leave it. Like, you know, you don't have to come <laugh>. Totally.

Candice ([00:22:36](#)):

He doesn't even phase him. Oh,

Caspar ([00:22:38](#)):

No, no. Me, it phases, you know, I see them just like, really you and me. Yes. Yeah.

Candice ([00:22:43](#)):

We are the millennial generation that is so, oh God, do we have problems? Our our parents though it's so beautiful to see. When I had a breakup, I remember my, I flew home to Cali. I went and saw my dad. I think my mom was in Japan, so, so I didn't get to like, cry to my mom and it going home to my dad was gonna be rough. My friends got me off to him and they were like, take care of Candace. And he, I remember crying to him about the guy that I had the breakup with posting on Instagram immediately. And he goes, Instagram, what?

Candice ([00:23:20](#)):

Who gives a? Get back to wood. Give yourself 30 minutes to feel

Candice ([00:23:24](#)):

Bad. Right. And it's so funny that I tell the story to my, my girlfriends from like college and high school and, and even elementary school all know him. And we die of laughter because it's so classic to have this beauty of somebody who is unfazed Yeah. By the mental health like distortion. And I feel you a thousand percent. Like I said, my partner works with Dr. Andrew, we mm-hmm. <Affirmative>. And he is a mentor of mine and a friend and I, I look at people and I say, why haven't you done your research? <Laugh>, are you this, are you this gullible? Are you this dumb? I hate saying that word, but my sister and I use it often because it's it's true. I mean people, I think it was Courtney, our mutual friend that taught me, she said, her father said, never underestimate the bad taste of an American <laugh>.

Candice ([00:24:18](#)):

They are a lot worse at times. And I'm so proud to be an American mm-hmm. <Affirmative>. And it's hard to say that some days, but I also am proud to be a child of immigrants because there is a sense of integrity that you have to have in the work that you do. I like to follow through with my emails as much as I can finish my books on deadline, show up and do the extra work as much as I can. But I also do research on who I work with and who I choose to spend my time with. And I think that added value at the end of the day from somebody like your father or Dr. We who's been practicing for over 60 years I think going to somebody who is trusted and real, you will get better results. Versus somebody who is good at marketing a con artist and has like a huge email list. Like, I don't give a about your email list if you're taking care of my, you know, whatever it is. Yeah. I was gonna, I was gonna say something my dad had, but my dad keeps all this stuff secret.

Caspar ([00:25:25](#)):

I was gonna say don't, he he will not appreciate that. Don't mean Yeah. <Laugh>,

Candice ([00:25:31](#)):

But I mean, I care about experience Yeah. Integrity and why doesn't everybody else, and if you do, could you please help Casper and I out and start hiring people that have elite resumes of just beauty and integrity and grace in the things that they do in this world. Not everything is about a snatched waste, fabulous. Like, you know, clothes and purses and elite vacations or paying somebody \$200 for a seminar like webinar. Yeah. Life is about going through a walk in the forest or the woods or jumping in the ocean and like, it's about being wild and free. And I, until people grasp that, I think that they will always try to go to the guru type of person Yeah. And waste their time and money on a doctor that has been marketing themselves to be famous.

Caspar ([00:26:29](#)):

Yeah. I think a big part of it, Candace, comes down to this idea of like, we've sort of lost our intuition, which I think is a part of the spiritual experience of us, where we sort of innately know something is good or bad and then we see something flashy and we run over there even though intuitively we know that's not really gonna help me. That's not really for my highest good. That's not someone I feel can truly heal me. But we have lost that intuition. And a large part of that is because we live in such a complex informational digital world and we're not connected to nature. You know, you said it yourself, you traveled to Japan from New York City and it, it totally changed, right? The city is like just wild things lights everywhere and Japan is much different. It's quiet. You were around monks at times.

Caspar ([00:27:17](#)):

Right. Talk about what that meant to you because I found in traveling around the world, and especially to places where you have very different cultures and it's, it's, it's a little bit more natural. Whether it was, you know, I've been to Africa and been on, you know, little expeditions and Jordan throughout the desert and you know, at the bedwin. Like those were the ones that brought me back to my authentic and made me feel good and healthiest. So talk about that experience and how you put it in the book of going to a place like Japan that is so spiritually inclined and so beautiful in so many different ways. And how that changed you as someone from New York City.

Candice ([00:27:55](#)):

Yeah, I, I mean, I want people to remember I love that you are well-traveled yourself, Casper, and that your family hails from Poland also, there's a, a depth and a wealth of culture and knowledge and

experience and inspiration that people rarely find in their own heritage. Hmm. And I say to all of my readers, if you don't know who you are, then go back to where you came from. It's one of the easiest ailments to feeling better about yourself is knowing just the practice of simply knowing that your ancestors went through far harder things than you did. And knowing that your grandparents lived through things like the war mm-hmm. <Affirmative> and their parents lived through famine and war and they saw that, you know, we probably couldn't even process. Maybe we saw it in like Call of Duty or something on a game show or a, you know, a video game.

Candice ([00:28:53](#)):

But we never, sorry. It's a game show. I meant a video game, <laugh>. I think that we as humans have this experience, right? And we take it for granted. Like you and I were both saying, like my father came on a ship, he said everyone got sick except his baby brother. My grandfather was a p o W in Poland and he had to escape off of a train from the Russians. And it's a, it's a real story even though it feels fake. And when I go back to Japan, like he had asked, I drove with my crew from bebo, my mother's hometown to Nagasaki because we wanted to see how far it was from where my grandparents lived when the bomb was dropped, 1945. And it was a hundred miles. It took about one hour to get there from where my grandparents' house was.

Candice ([00:29:51](#)):

And then we sat and interviewed about eight different survivors. And I know we talk about the monks all the time, but some of the most prolific work I've ever done in my life was with the survivors of Nagasaki. They had like a light glaze over their eyes from aging or possibly from radioactive material that is still in their body. They are the most beautiful people I've ever met in my life. It's hard for me to even say this, but I actually think that you can't even compare them to the monks because the monks chose their path of helping others and being of service where the Nagasaki survivors were just doing their daily routine when they experienced the most horrific thing that could ever happen. I so often wonder why I choose to talk about war in so many of my books and in my writing.

Candice ([00:30:59](#)):

And when I was on c v s news, I was once asked you, who would I want to meet if I could meet anyone? And I'm sure people would say, oh yeah, Jimmy Hendrix, Marilyn Monroe, you know, like, and I just said, oh, I just wanna talk to my grandparents because there was a language barrier in Japan and in Poland. And if I could sit with them and hear their stories I think I might figure out who I am a little bit more and why I am the way I am. So when we were in Japan, I think that being with my crew of all young people, between 20 to 40, my mother joined us and she took us around her hometown. And I had gone there many times, but you go with a news crew and a documentation crew, it's a little bit different and your mom can tell you some deeper things.

Candice ([00:31:51](#)):

And we went into the mountains where there are Buddhist statues, stone Buddhas called Sesu. And my grandfather used to go there and paint them. He's an impressionist painter that was on his way to becoming somebody in Tokyo at the Tokyo Metropolitan Museum. And then the Japanese were being bombed out by the US and my grandfather had to run and flee and go back to the countryside. So it wasn't until my mom and I were there where she said on camera, you know, you're carrying on the torch for your grandpa. I'm like the last Kuai family member that is in the arts. I will be the last person to carry both the wazowski and the Kumi name in certain areas of the family in the arts. And so I feel like a

duty as an immigrant child, and I know you will get this. It is my duty to make them proud of what they did and what they sacrificed for me and my sister.

Candice ([00:32:50](#)):

I can't even imagine, and I want people to know this too, my grandmother cleaned the hospital in Connecticut and my grandfather, after being a soldier in Poland and a farmer, he cleaned the hospitals with my grandma. And I sometimes think when people talk down to those who aren't in elite spaces, who do you think is picking up your trash down the street? Who do you think is serving you on the backend when it comes to just everyday packages and shipping and sending you, you know, your overpriced handbags? Like it is not okay to speak down to others or to think that you are any better than anyone else just because you have a figure or a blue tick next to your name. Nobody gives a when you get up to heaven. And God asks you what you did on this earth to help others.

Candice ([00:33:43](#)):

So the thought behind this is, is always be kind to others. You don't know where people came from or who they were, what their family went through. And always pan homage to your family, your grandparents, especially because they live through far harder things than we ever will in Casper. I don't even think we can complain about these, you know, doctors that market themselves, or even the spiritual practitioners and wellness writers that market themselves because we owe it to our grandparents to be better, right? Mm-Hmm. <Affirmative> like you and I are better than that. And I think maybe that's where the gift is as well. I got teased terribly as a child both for being Asian and for being, having a long polish last name. And I think God somehow shaped me into the creature I am today to remind people, you know, later in life be be kind.

Candice ([00:34:37](#)):

Because I think the same kids that made fun of me growing up are now looking at me with eyes of awe when I'm on the Today Show. Mm-Hmm. <affirmative>. And I just, you know, remember what that felt like. I remember the kid that made fun of me on Top Chef. I, there were several of them that were very mean to me in vulgar and disgusting. And I, at 22 knew enough to know to be kind and to take the high road because I saw my mother and father and my grandparents in the back of my mind as I know you probably do too. And, and all of you listening do. And I said, what can I do to make them proud? It would be shameful if I acted like an on tv. So I'm gonna do the right thing and I'm gonna continue a family legacy that I could be proud of. So others know that even though it's the harder thing to do, I think being a good person and doing quality work and having integrity in what you do is the right thing for, for those of us who get it.

Caspar ([00:35:41](#)):

Yeah. I think a big thing we could take out of this is, you know, number one, respect your elders. They have so much wisdom with them. I see. I feel like sometimes it's, you know, you look at someone, oh, they don't have a cell phone cause they're older or this and that. You, you look down upon them. They, they can't live in this modernized technological world. It's like what they have within them, the experience, the breadth of wisdom is, is just incredible. And to hear what they've sacrificed for you to be able to get here in a sense, and I say you because it could be anybody. So even we know a little bit of our lineage, right? Of, of you have Japanese polish, I have polish that go back. I don't even know how far I could go with it, but I do know that and it definitely makes me who I am.

Caspar ([00:36:23](#)):

Whereas some people don't. You get the whole, oh, I don't know, I was born here, I'm a mut, this and that sort of thing going on. But you could always look to ancient civilizations to generations past. You could ask stories. You, you could do that investigative work and try to figure it out even if it means going to one area you think you are from and seeing how they lived for a while. Because I think you become very, very grateful. I remember traveling to places outside of the US and going to third world countries when I was young. And I remember being a little bra about it at first and being like, I wanna be around my friends playing Nintendo. Why are you taking me to Serengeti for like, you know, this and that, which is nowadays like, come on man. Like everyone wants that.

Caspar ([00:37:04](#)):

Don't be about that. Like that. That's very fancy of you almost. But getting there and meeting kids in Kenya that were just so happy and had so little and I was like, holy. Like, I was just complaining about not getting any new Sega, like Genesis came and this and that and you know, and being away from my friends, my nice house and everything like that. And here are these kids with the biggest smiles, just no clothes on, like going miles for, for water. And it's like, wow. Be grateful. Right? So it's like we have teachers in ourselves and our lineage and our grandparents and their great-grandparents and so forth. We have teachers around the world as well that are humans too, that we're all connected to. So I feel like even if you don't know, we did, and I think it's beautiful to go to places like I've been to PO and felt that, you know, been to the concentration camps that I knew some relatives have been at and wow that that's, that's, I can't fathom what that's like at all.

Caspar ([00:38:06](#)):

But just to know they went through that and now I am here is such a level of appreciation and gratitude. And then you feel connected to others. And I think it changes your perspective of the world, the menial little things in life, the stresses we all get really worked up for don't mean as much. And I do think that's, that's part of the journey is to go out into the world, connect with others, and see and be very grateful for your life. So I think that was something I absolutely kind of pulled out of your story, so thank you for that. And you know but I wanted to kind of go back a little bit because there is this, again, it's very hard to break free of addictions in the world. Yeah. And a lot of times we like to say, all right, it's drugs, it's this, that, but no, it's, it's the cell phone we hang onto and everything. You had a great quote. Social media is about the worst thing that Buddha would've imagined for maintaining inner peace. So Candace, if we can't all go travel around the world just yet, even though I feel like if we prioritize it, maybe we could, but what do we do to start to find inner peace?

Candice ([00:39:13](#)):

Wow. Well this is a great question, Casper. It really is a process that is gonna be uniquely different for everyone. So I, I often say this in my work as well, it pains me when I see clickbait and quick fixes mm-hmm. <Affirmative> because it's. It's not gonna work in a second. It's not always gonna be some aha moment. You're not all gonna find, like, it's merely impossible for one guru to tell a room full of a thousand people that got duped out of all this money to tell you that their way of doing things is the way. I think the more I've studied Buddhism and also, you know, Christianity and practices way beyond us, like we're talking thousands of years of civilization and how actually simple life is it's breath work sleep. Mm-Hmm. <Affirmative>, it's going for a workout. It's knowing, you know, the practice, like I said, of knowing is so simple to know that you will not be the last person, nor were, were you the first person to go through what you are going through right now.

Candice (00:40:27):

As painful as it is the people, all the people that have wronged you, it will continue for as long as humans will exist. These things will continue and your situation may be unique to you, but you are not alone. And I think that just the comfort in knowing sometimes brings people this inner peace knowing that it is broken often, especially by our overage of technology. I am included in that. And I would love for people to know that. I always say this too, I'm an imperfect person. I'm a horrible person. I am a monster. I am a total brat as well. I also wanted the Sega Genesis <laugh>, I am all these things. I am also a wonderful person and kind and loving and very generous. And I can be all these things and it is okay. It is okay. You know, I, I often feel for people that get taped on the airplane, their freak out.

Candice (00:41:34):

Mm. Because I'm like, that can be you and me. Yeah. And why are we doing this to people when life is tough enough as it is? Can you give people more grace? Can you give people more patience? Can you listen to understand instead of responding? Can you look to the four noble truths or the eightfold path? If, if you would like to look them up. They are very simple to look up. I also, I obviously have them in the book spirited, but Tinot Han has a wonderful book called Being Peace. And I call it like the ultimate starter book for anybody who's just curious about Buddhism. It's more of a lifestyle and not a religion. Yeah. It is not dogmatic. And I never wrote the book so that I could tell people like, be thi be this, be that. No. Come as you are flaws and all peace of and all.

Candice (00:42:33):

I could care less. In fact, if you're, if you're a wild person who did party a lot, I'll probably like you even more. You know, like there's a lot of, there are a lot of layers to people that I find charming and graceful and fun. And if you know, if you're done Okay, cool too, you know, I'll, I can have a conversation with anyone because I'm very interested in the human experience as a whole. Yeah. But I think that pieces is something that we can all look to for different things. For me, I find it in animals like cats and dogs. Mm-Hmm. <Affirmative>, I find it in flowers and I, I find it often in the water, which is why I work so hard, is to always be by the water in some way in form and shape. And also what you said earlier, Casper is right, we can practice gratitude, grace.

Candice (00:43:28):

The more I realize how much we have and how lucky we are, the better I feel about my life. When I'm on social, I will compare myself to other people. Mm-Hmm. <affirmative>, whether I want to say to myself or realize that I'm even doing it or not is that trick that I think Buddha would not like social media at all because he would say this is stupid. I often also think to myself, what if I told one of my monk friends in Japan, like Sasaki san or even I work with a reverend out there, Reverend Taka, Fumi son. What if I told them about the social media posts that were driving me crazy? Look at this girl. Who does she think she is? <Laugh>, look at this. You know, look at this man. Ridiculous. This is fake. This is Photoshop, this is face tuned.

Candice (00:44:18):

You know what if I told them those things, they would laugh in my face and they would probably also think I was crazy because we are. And so we really need to think about those things before you and I go and scroll even though it's so easy to do. It's like how we all communicate now. I get it. Yeah. But I also think we need to give ourselves a little bit more like space between the technology and also know that you and I having a conversation right now is very real and it can be deep and prolific. And for anyone

hearing, I hope it serves as an ailment for you to know that Casper and I are also not perfect. And we both scroll and breaking our inner peace happens every time we open up those apps. So my training, it would be great if I could get away from them even a little bit more.

Caspar ([00:45:15](#)):

Absolutely. I think everyone needs to acknowledge that there is a law polarity and that we all embody that the yin and yang somewhat, that we are going to have hard day, good days, you know, sad happy and, and we will break down and go into some things that probably aren't for the best of us, but we have the ability to jump back. And I think part of that is looking at attachment on one side. We become attached to things, expect things and you know, and then become a little bit unhappy with that versus this idea and this concept that you bring up a good amount in the book of letting go. And it is one of my favorite books from David Hawkins called Letting Go. And you know, this art of just, just releasing things. And it, it's something that I've realized in my life when I was able to do it, when I let go of expectation just allowed and didn't, you know, paddle against let's say the currents of life and just floated things, turned out better. Things turned out, you know, maybe not exactly as I wanted, but even maybe better than I wanted. Can you go into a little bit of how you realized and, and the concept you realize to help let go in your life to forgive also, I think is a part of letting go and and why that's so important.

Candice ([00:46:31](#)):

Yes. And I'll use an example that will help others because it's a frequent topic that comes up to me. I have had relationships with men that were romantic and with women that were friendships and they have both unraveled into unhealthy relationships at certain points in time. For the men, for anyone who is struggling right now in a relationship, there were certain people that I held onto so tightly that were not meant to be for me and vice versa. Whether I wanted that or not was outta my control. And the more I held onto it with this belief system that it was supposed to work out or b I think is a societal norm that we have to break free from altogether, we tend to think that there is only one person, the one this idea of somebody being your soulmate. You know, do you think that my parents from other sides of the world, they met in Japan at a Buddhist temple, like at a giant Buddha, Kama Cuda.

Candice ([00:47:42](#)):

I mean that is so by chance if we change our belief systems, I think we can come to terms with there are multiple people that could be your partner. There are multiple times in your life that you could fall in love with different people and it's okay. And as somebody who did date a lot from the time I was in my teens till I was, you know, I found my current partner at like 38. I think it's like we've got to come to reality and update societal norms a little bit more so that people don't go out and get married at 20 and then hate their life for 20 years. And I'm saying this just as a realist, you know, somebody who's experienced it all. I've been in nine weddings as a bridesmaid or a made of honor. I've seen a lot of. I mean, I wrote for Cosmo and, and women's health and shape and, and sometimes I'd get asked about relationship stuff and I feel like we need to become more updated when it comes to relationships and letting go as an easy tool and resource.

Candice ([00:48:42](#)):

Maybe you're holding on to an old idea or an old belief system that no longer works for you. And the sooner you realize this, the easier it's gonna be to let go of this person who may be wonderful and they may also be a piece of. Like I've done it all and, and I'm proud of it too. I don't have any shame in anything I've done in my life and I've done everything and I just think we need more voices where

people are a little bit more honest about modern day dating and modern day norms. And let's just break that all together sometimes because we know that Gen Z doesn't wanna do what our parents did and as they shouldn't, even though I just convinced my parents to change to YouTube tv.

Caspar ([00:49:30](#)):

Ooh. Which

Candice ([00:49:30](#)):

Was like a miracle.

Caspar ([00:49:31](#)):

I was gonna say that. That is a big one. <Laugh>. Congrats Candice. Cause I, I don't think I would ever get that from my parents. It

Candice ([00:49:39](#)):

Was right before Miranda's party. It

Caspar ([00:49:42](#)):

Like the,

Candice ([00:49:42](#)):

The day before it. Or actually I visited them and I was like, you know, YouTube TV is a great deal compared to cable

Caspar ([00:49:51](#)):

<Laugh>, but you got 'em on the deal then they're probably like, we don't care about anything else you're saying we could still watch things and save and there you go.

Candice ([00:49:59](#)):

It was, it was telephone, cable and internet. I think the, the all in one was like \$200. And I said, well if you do YouTube TV separately, it'll save you like \$30 a month. Oh,

Caspar ([00:50:12](#)):

They're like savings. Yes. Almost

Candice ([00:50:13](#)):

Sad. Yeah. Yes.

Caspar ([00:50:15](#)):

They get that the power of a single dollar saved is like a tremendous,

Candice ([00:50:21](#)):

It was fabulous. People can change, you see, and then,

Caspar ([00:50:24](#)):

And they can, the

Candice ([00:50:25](#)):

Second part that I hear all the time, and this is still something I struggle with to this day, which I want women and girls to know. Okay, so not every girl friendship is supposed to be forever. I mean it, I don't know how guys are, I think men are a little bit more simple with relationships, but women are really complex. I mean, there are layers and layers of jealousy and really just dishonesty when it comes to women friendships where there are people that, I'm sure there are tons of people that have talked behind my back while we've been friends, but what I don't think a lot of them have personally admitted is that they were unhappy with their own life and therefore they projected that onto me. Somebody who went out and lived wild and free and chose this path for myself. Like, I didn't wanna get married young, I didn't wanna have kids young.

Candice ([00:51:17](#)):

I always knew that about myself. I was always a wild kid and I don't you dare try to hold me back. I mean that was like something that I fought my whole life for was freedom. So I think women need to come to the realization that if they're friends with somebody who is miserable, who doesn't act in kindness in their own friendship, they need to learn to set a boundary and let go. Yeah. And I do talk about that quite a bit in the book too because I think women need to get like permission for some reason to say goodbye to an old friend or maybe it's a new friend, but as soon as it feels toxic and you're not feeling good, honey let go. And you don't need permission from anyone.

Caspar ([00:52:03](#)):

No. Jeff, the, the two things you mentioned there in relationship, friendships, you know, both relationship based in a sense, but you know, these idea of norms of things you must or shouldn't do, it's like it's just gotta come from here. Your heart. Like you gotta tap in here and be like, is this right for me? Even if the norms change, it's like you are not the norm. I hope. Like no one is in a sense we're all so unique, so different and that idea like sometimes we stick in things just to, you know, be a part of something or be, you know, we, we can't be afraid to step in to our truth even if it does hurt at first. Right. Change Oh yeah. Is painful. Oh my god. And I feel like people just stay there in paralysis and don't change. Yes. That's unhealthy. That's stagnation. Stagnation is death.

Candice ([00:52:50](#)):

That is such a beautiful point. Casper. People have to realize that sometimes you don't wanna break up, right? Because it's so painful and you're like. I actually know somebody from my twenties that said they didn't wanna break up with somebody because this was not my friend, it was my ex-partners friend. He said that they had like a blockbuster account they shared and I was like, what the? Like,

Caspar ([00:53:15](#)):

Like I'm miserable but there's blockbuster for free. <Laugh>

Candice ([00:53:19](#)):

<Laugh>. But that was like so, so unbelievable to at the time. I was like, what? It was just like, sorry to say this, this is totally off subject, but on Top Chef at 22, I knew that being an on TV was a bad idea.

Could not believe how many people that were way older than me and way more like established. Wow. Did they not give a about looking like an on tv? I just mind blowing to me the things that people say and do and believe this is no judgment. Everybody should come as they are and do what they want. Yeah. But I do think that a lot of people stay in bad relationships or they don't know how to end it because it is so hard to do. Whether it is the girl friendships or the guy and, and like relationships and love or friendship, either one.

Candice ([00:54:16](#)):

And sometimes it's a work relationship too. Like, you don't wanna leave your job because you want the money and you're, you feel trapped as soon as you feel trapped. My friend. That is when you have to listen to the body and the heart, like Casper said, like this doesn't lie. Your mind probably plays all kinds of Jedi on you. Yeah. But I always say I know the heart, the human heart can also be dumb cuz you can fall in love with just about anyone. But, but I truly believe that your intuition and your inner like say something, your body rejects something you'll know, you'll know. And that would be easy. And I would be gentle and just like Casper said, it is gonna hurt so bad. I hurt so badly over an old friend group. It, it was probably the worst pain I had in long time and it lingered for years because I held onto the idea that we should be friends forever because my mother told me that and it was not true.

Candice ([00:55:24](#)):

Mm-Hmm. <affirmative>. It was not true. And I just, I want people to know that you don't have to believe everything that your mom told you, even though she was right 99.9% of the time. That one little thing about being friends with your college friends forever. Unfortunately for me it was not true because I outgrew a lot of people in different ways. It doesn't mean that their life or my life is any better than the other at all. It simply means we are like on different paths going on a different trajectory in life. And I love them. I wish them the very best and I forgive everyone, including myself for being a bad person during that process. And I think if we can learn to forgive those who have wronged us and have heard us, I mean it's, I can't even count how many men, I feel like I've been crushed by, but I'm grateful for each of them because they taught me a lesson. Mm-Hmm. And it made me who I am today. And of course they still peep at all my stuff. Yes. Who are

Caspar ([00:56:31](#)):

We? <Laugh>.

Candice ([00:56:32](#)):

That's not gonna end girls. It doesn't mean anything though. It just means he's probably curious about what you're up to.

Caspar ([00:56:40](#)):

Yes. Curious, jealous, all, all, all those yeah. Different emotions around that that we have isn't men, but, you know, the thing that pops And

Candice ([00:56:48](#)):

Why do you guys do that? No. No. Casper, you can't change now.

Caspar ([00:56:52](#)):

Okay. All right. Let's stick there.

Candice ([00:56:54](#)):

Look at your ex's stuff. Why?

Caspar ([00:56:58](#)):

I think there is a general curiosity to it all. Like you know, if I, I'll tell you honestly from my side, there's no like negativity around it. Like I'm, I actually get happy when I see they're with other people and things like that. I'm not of that so I don't have that attachment right. When it's over, it's over in a sense. And yeah, I learned that for many times of screwing up and not letting go and being there and be like, oh, I can't do this. And you stay in way too long and you get miserable. The other side get miserable and you just stay together. For what reason? For the comfort in a sense. So you don't have to go through the pain. But the thing I was gonna say, Candace, is what if we reframed that, and this is something I've learned is pain is growth.

Caspar ([00:57:37](#)):

We know this in the gym. We go to the gym. We must have pain to then get our bodies in shape, everything like that. What if spiritually, what if in life pain we saw as growth? Yes. And we had to do some of that painful thing where the other person sobbing and you are feeling bad, you're gonna go into a life alone again when you were so used to this other person. So what if we reframe that as, all right, this is growth to allow something better into my life, to allow new partner into my life and allow them to have a partner who really, really, truly, and their heart wants to be with them as well. Cause you knew it too, right? That it wasn't for that and it was turning toxic.

Candice ([00:58:14](#)):

They were so many that each of them was so unique. Right? So every person that we're speaking to now also will have such a uniqueness to their breakup. Yeah. And the nuances of like, what made them wanna stay together, what was too powerful to tear them apart. And sometimes it doesn't always end badly. Sometimes it's just a, a knowing that it is time and you move on. I mean, I learned that from, from death and grief, you know? Mm-Hmm. <Affirmative>, there's a notion that sometimes you just have to let things go. And when you hold on to them, like we said this earlier, is when you really feel the suffering. But I do, I still encourage this and I say it all the time so that I can remember it and others can too, is you can never really know what one is truly going through at any different point in their life.

Candice ([00:59:03](#)):

So it is always best to be kind like, even if you're having an awful day, you know, sometimes I tell people like, just like the, the horrible book reviews that we can see sometimes as authors and writers, you know, this is somebody's livelihood. It's how they feed their children and keep the bills like going and pay the rent. And when you write horrible things about people, even if it's personal, and maybe you're just projecting something about yourself that you don't like, you are affecting somebody else's livelihood. And for that, I ask people to know that even if you don't like someone, like say, you absolutely hate me cause I'm polarizing and I get it. Keep it to yourself, man. I have to bite my tongue so much these days mm-hmm. <Affirmative> because we're all triggered by so much of the technology around us. Yeah. But I, I also think, like you said before when we learn, we grow and we definitely go through pain cycles.

Candice ([01:00:01](#)):

And if we can actually stop and take a look at what's going on and assess it, say like, my pain cycle is revolved around feeling very much like I don't have the respect or the merit that I so badly look for. Because my mother was a very tough mother, and she in a way maybe did not see me as a success story because I chose to be an independent writer instead of a doctor or a lawyer. And I always looked for outside validity and still very much do, which is probably why the, the poor reviews can hurt me. But then when I come to the realization to accept it's a feedback loop, I'm telling myself, I know I'm good. I wouldn't get on, you know, shows and have a million books if, if I wasn't good at what I did. So at some point I have to stop and tell myself, Candace, you are loved, you are good enough, you are successful, and you do have merit and respect from your peers, and you need to just see it.

Candice ([01:01:13](#)):

Like Courtney said it to me, I think yesterday too. But the feedback loop comes from paying attention, sadly, to the con artists, the fake people, the fake followers people have. Mm-Hmm. And just getting down on myself. So if anybody feels that way and they're telling themselves this horrible story over and over perpetually, it is typically from an overuse of social media, this old belief system that no longer works for you and you're not alone in that feeling. Casper, I'm sure you have felt it. Absolutely. Or absolutely. Or maybe even have felt it for your parents' practice in a way.

Caspar ([01:01:58](#)):

Oh yes. I mean I, I I suffer in that way similar to you that it is, you know, I know my father says day like jokes around like, oh, you still want to go at 41 back to medical school. It's like, that's done pretty well in the business arena, have companies now do this and that. But yeah, sure, I'll go back to medical school and be one by like 60. No, it's not gonna happen. This, that wasn't my path. And that's okay. But yeah, you, you're very critical on yourself of, of all these things and trying to get that. And anyone that says one wrong thing, when you know how long and how hard you worked and what you've done to get to somewhere, it does impact you. But some of the things that I, I do use in my own life, and I I found it fascinating because I do love the Japanese concepts and foundations of things like kaizen, like icky guy. And even, you know, you introduced me to the Wabi and you know, this imperfect perfection. And you know, these are really important. I feel like concepts that can all help us. How, how, how do you apply? Because there are so many different Japanese concepts. Maybe you could give some examples to, to everyone listening of how you apply them within your life to then become happier to work through those tough times that we all are going to experience.

Candice ([01:03:13](#)):

Yes. It's inevitable that bad things will happen. So we have a term called [inaudible], which means the pathos in your own life, which means indeed things will not always be good. I'm in fact like pushing down things that I have to deal with in my own life right now. That sometimes I think I'm the only person going through them and in fact I'm not. ikigai is finding one's purpose. It is an Okinawan term and it refers to you finding a place in your community. And I think you have found that Casper. And it's important for you to acknowledge it regardless of what our immigrant parents' wishes are. Right? We have a different calling and it, it is okay to do just that because if you're a messenger helping your parents out, I'm sure that they see it now. when we think about [inaudible] it refers to always doing your best.

Candice ([01:04:16](#)):

So you'll hear Japanese people say [inaudible] [inaudible] that means, or excuse me, Gaman is resilience, like living in resilience. And then the parent word to that is like [inaudible] gaba, which is always doing your best. I think as New Yorkers we're one of the most resilient types on this earth. And you have to be, you know, if you know how to throw a bow on the subway or stand back against the wall on the station or just simply be aware constantly that bad things can happen at any time. Yes. And accept them as they are. Goba refers to like an Olympic athlete or a doctor going out for their exams at the beginning of med school. You want to say to people, GOBA always do your best. And that is an anthem we say in Japan to each other because we do believe as a culture with no natural resources at all, that brain power is one of the only things that they have, which is why they work so incredibly hard.

Candice ([01:05:24](#)):

Mm. Kaizen is continuously improving. Many people have taken this concept and utilized it into the practice of business. And we do know from the automotive industry, it was used wildly during that period of time. I believe in the American boom, even automotive, yeah. Vehicles back in Michigan. And I think we should maybe rephrase Kaizen for the modern day audience. And I ask people, like I said before, in professionals, whether you're in the business for 10 years, 20 or 50, to look at people and look at their resume and their body of work and their skillset, their professionalism, their candor. How do they treat others? And are you hiring the same people over and over? Is it time for new and fresh faces, new stories, new lenses, new perspectives? We often see a Caucasian westernized, westernized version of storytelling of Japan and is very sad as a half Japanese woman whose mother is born and raised there to never be able to tell my own story regarding Japan.

Candice ([01:06:35](#)):

Just because I am an American Japanese female. I think that is an easy way for me to say to people, you might have been fed stories through the Hollywood lens that are not true or just one facet on in a complete world of just multi-facets. It is important for us to think deeply about these things if we don't think we often lose our train of inspiration and creativity. So it's really important to take yourself out of this bubble that we live in. Even if, even if it's New York City, I still tell people explore and grow and learn. I'll leave you with this word [inaudible] which is forest bathing. Sometimes a simple cleanse of the oxygen released from a forest, getting deep breathing in, viewing the moss on the trees and the rocks, seeing the stream, hearing it audible learning, you know, visual learning. These things can help you on a mini reset in a way.

Candice ([01:07:42](#)):

So it is important to go into nature when you can, even if you don't have a lot of money. I often tell people, you can always find your haven for nature. You can do woofing, you can volunteer on a farm, you can travel all over the world and help people like UNICEF or even habitat for humanity and get yourself out of your element and find like-minded people that do good in this world. And the last last word is [inaudible] which is the light, the flicker between the trees that you will see if you're walking through that forest. It is an untranslatable Japanese word. All of these are, but [inaudible] will be like this guiding light for you. I see it when I go to Japan and I always point it out to the Japanese people. I must look like a fool to them. Like [inaudible] <laugh>, they're like, oh, oh, they're excited.

Candice ([01:08:39](#)):

Yeah. That this Japanese American journalist is so fascinated by komo Debi. But it just enables like this moment of light in the darkness that I think we can see visually. You will never be able to see that

flicker between the trees if there wasn't the combination of yin and yang and light and dark together like you had mentioned earlier. And guess what? Both have to coexist with one another. You'll never be able to get through this lifetime without pain and suffering and the darkness. And the more you come to realize this, and I am not perfect, I still struggle every single day. Depression, anxiety, addictions and no, I don't need to tell you everything about my life. Which is why when people write these horrible reviews and comments and judge, it's like, wow. Did you want me to pull back another curtain for you? Because I can, but I didn't feel like it. Yeah. And because of you, I'm gonna go back to cookbooks, which people are probably happy about, but it's so funny how afraid we are to sometimes just be ourselves imperfectly, perfectly imperfectly. Yeah. Wabi sabi,

Caspar ([01:09:50](#)):

Wabi sabi.

Candice ([01:09:51](#)):

Come as you are flaws and all and stop judging other people <laugh>, because who are you? Are you perfect? You know, I'm pretty sure Buddha wouldn't even judge anybody and he probably was close to being enlightened. Yeah. But yet he is a immortal. Like you and I,

Caspar ([01:10:12](#)):

Japanese culture is so freaking fascinating. It's just you can learn so much. That's what I love from it. And everything you said is just like so on point. And that's why I feel like anyone that listens to this audiobook spirit, it is going to pull something out of it that resonates with them. Right. For me, it was kind of guys on hit there and letting go and other things. And through the stories you could, you know, kind of get that, that appreciation for how it will impact you and how you could utilize it in your life. So that's amazing. So when is the next cookbook out now, right? You, you gotta do a cookbook cuz then the haters will leave you alone. <Laugh>.

Candice ([01:10:46](#)):

Oh, well there'll be something I took. One woman told me I ruined her party, but because she made the lemon lasagna rolls wrong and I ruined You

Caspar ([01:10:54](#)):

Ruined it. <Laugh> nice going Candace <laugh>.

Candice ([01:10:58](#)):

Oh, of course. My gay bestie was like, don't you ever read these again? <Laugh>, she horrible cook. Yeah. Yeah. Okay. So wanted people to also know that this was one of the best cookbooks of all time that we wrote, which I love Green Eats. Yeah. if you wanna just go back to the cooking Bible. I don't have cleaning green drinks, but apparently it was my most popular book of all time. It was a smoothie book. So random Casper. I know my mind is blown. People

Caspar ([01:11:27](#)):

Love, I love a good smoothie. Well,

Candice ([01:11:29](#)):

This was said to me at a party the other day, Candace, people don't give a about philosophical. They just wanna cook. Like, and then another friend said, you're getting really serious with all of your books, <laugh>, you need to go back to like being weird and silly. I was like,

Caspar ([01:11:48](#)):

So totally. And yeah, <laugh>,

Candice ([01:11:51](#)):

I, I mean I had to tap into something to get outta, you know, my demons. But yeah, you guys, I'll go back to cooking. This is the King wellness book that was I love this book. Yes. But again, maybe it was a, a far, you know, right when I needed to go left. And then this is what spirited looks like on Audible originals. It's so interesting you asked that, you know, I'm supposed to have meetings tomorrow about talking through the new process of the new book or the next book. And I think I might just go back to what I'm good at, which is nutritious food, real food, clean eating with a Japanese streak, and continue the research of like where one comes from so that we can remind people, you know, you and I have worked in the field for so long and I love that I've written so many books because it puts a timestamp on how long I've been doing this.

Candice ([01:12:46](#)):

And it, it's all been hard. I don't have a ghost writer. Like I said, I don't pay people to do any of my work. I do everything on my own, including shooting and producing and directing and creative directing. And people will find me behind the camera or cleaning up at the party or setting up the doilies before they come. Like, what's the big deal? Like that's what immigrant kids do. If, if more people would realize though that there are artists and people out there that are wildly talented, that they're overlooking for whatever reason, I think it, I hope that they can take that from what you and I do in the practice of wellness and take it a little bit more serious that it is time for change and not just to talk about it, but actually take action and do it

Caspar ([01:13:31](#)):

Actions what's necessary Right now we got a, a sick society in more ways than one. Right. And a lot of that is lost spirituality, just loss of health and physical health and all these other things. We need to turn it around. We need to come together to do so, not tear each other apart, you know, while doing it that that's not healthy. <Laugh>. Yeah, I'm pretty sure that's not healthy <laugh>.

Candice ([01:13:51](#)):

No, of course not. And do you wanna be that kind of person? Yeah. Like I wanna tell your kids we also have so many mutual friends like Courtney Po collab. Yeah. Miranda Kerr, Rosemary Swift. I'm sure there's so many more. I didn't really tap into it. And I did also wanna say Casper that this core

Caspar ([01:14:09](#)):

Oh, you had it too? Yeah. Yeah. I've been using it, but it's

Candice ([01:14:13](#)):

So good.

Caspar ([01:14:13](#)):

Shout out to organics team that Yeah, <laugh> <laugh>.

Candice ([01:14:18](#)):

It's so good. It makes me so proud because it's somebody who's so wildly successful and beautiful and a great human putting out really good work. And I feel like it takes one to know one. So your listener probably will get this. And I, and I love that and I'm excited that you and your family exist.

Caspar ([01:14:41](#)):

Thank you. And the feeling is mutual. I'm excited you and the Polish father and Japanese mother all exists and yeah, you're able to share your art with the world and people go straight to Audible to get spirited. Correct. And it's an audible's original, so if you actually have audible ready, you could just tap in and start playing it, which was awesome. Yeah. Yeah,

Candice ([01:15:03](#)):

It's free. I mean, it's free for 30 days if you sign up anyways. But I always tell people, you know, go with what feels right. You know, if you're on your own journey or if you're in a difficult place, it'll help and keep writing positive reviews for the authors that you love and the projects you love. And positive comments for people like Casper because that is a new form of currency for the modern day artists. And you know, the more people un that understand that, the more we can keep doing the work we do, because it's not about monetization of the dollar bill, it's more about how many people can we reach so that we can help more people. So I commend you for that. If not in this world, maybe in a different lifetime we will see the fruits of our labor. Or even if we don't, it feels wonderful to know that just one person's life could be changed from what we do.

Caspar ([01:15:59](#)):

Beautifully said. I think that's a wonderful place to close it on. Candace, thank you so much for coming on and can't wait for the next work of art that comes from you.

Candice ([01:16:09](#)):

Thanks Casper.

Caspar ([01:16:12](#)):

And so, as you've heard, here we are, whether it is ancient wellness or spiritual practices, Candace provides a roadmap and she's also the ultimate role model. She embodies it in her books, her podcast, her website, everyday Living. So check out the new book Spirited, A Modern Guide to Ancient Spiritual Wellness and Wisdom now out on Audible. Until next time, continue writing your own healing story.