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Synopsis Books:

Mended is a collection of essays inspired by kintsugi, the Japanese art of beautiful repair. Kintsugi is based on the idea that broken things can be repaired, and once the process is complete, their history makes the broken piece more valuable and beautiful than before.

They've been described as brutally honest and heartbreakingly beautiful. They are my whole, naked truth.

I've been broken. I know what it's like to feel shame at my weakness, to starve myself to be worthy, and to want to sleep forever. If I had to guess, I'd say you might be a bit broken too.

But being broken is not the worst thing. We can be mended. Our cracks can become beautiful. We can be even better than new.

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