



Goodbye, Things

Fumio Sasaki



Maximalist

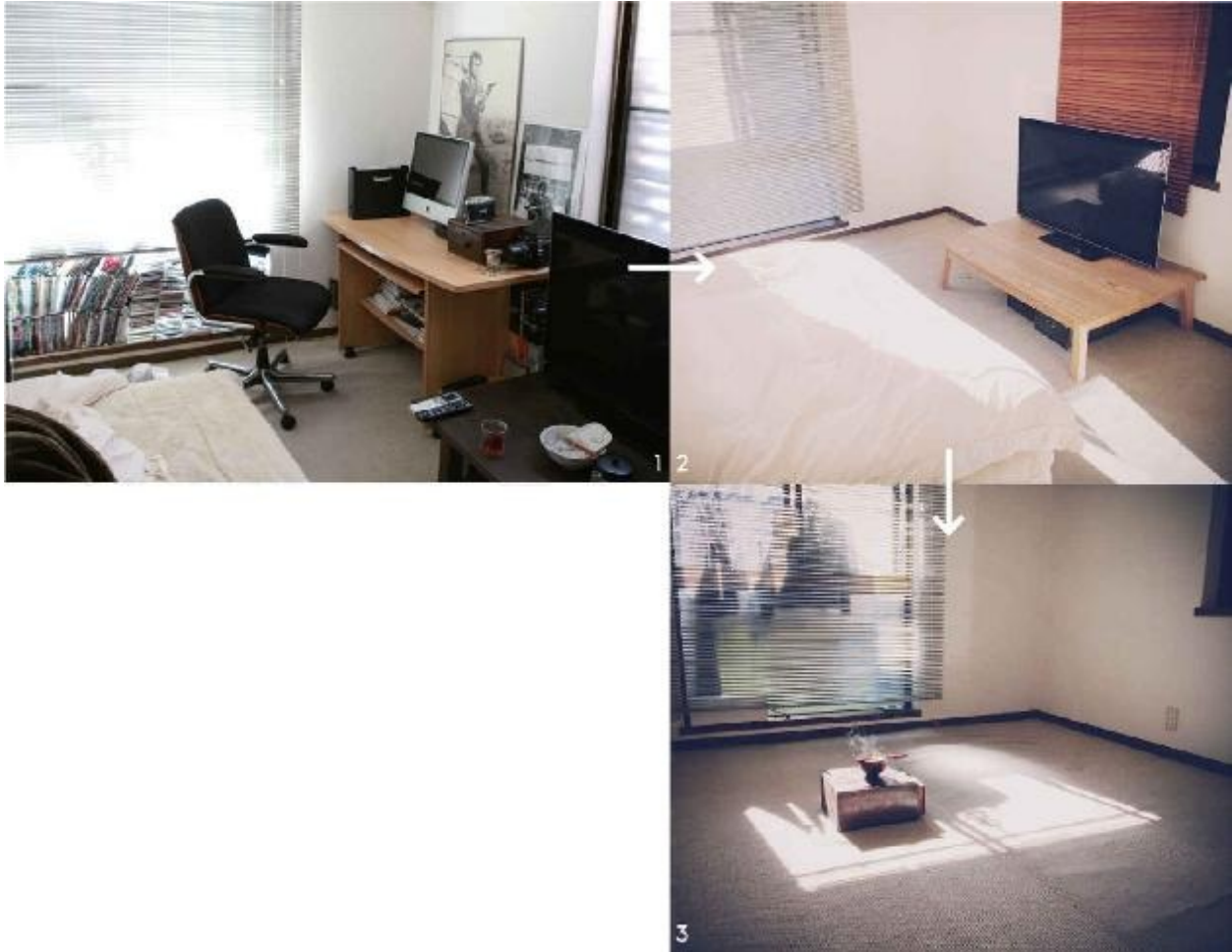


Minimalist

## BECOMING MINIMALIST

Both of the pictures [here](#) are of my old apartment. I couldn't throw things away. As you can see, my possessions kept piling up. I lived in this apartment for ten years, and during that time, it seemed like my life had stopped moving forward. That was when I came across the concept of minimalism—of reducing your belongings to just the minimal essentials. I went from messy maximalism to life as a minimalist. I said goodbye to almost all my things and to my surprise I found I had also changed myself in the process.

## HOW I BECAME A MINIMALIST



1. Little by little, using techniques I'll cover in [chapter 3](#), I turned that messy room into a tidy apartment.
2. I got rid of all my books, and even my desk and chair. We call this “simple” living, rather than minimalist living.
3. Finally, I got rid of my mattress, table, and even my TV. I often feel like I'm a Zen monk in training.

## Maximalist Life



1. I used to leave my clothes lying around, which resulted in what you might call a peculiar art-installation feel.
2. I drank beer at my messy table, munched on snacks, and played video games. I gained weight of course. Minimalism helped with that as well!
3. I used to enjoy buying antique cameras and strange lamps at online auctions.
4. My hallway, formerly lined with bookshelves. I collected as many CDs and DVDs as I could, but in the end I didn't really cherish any of them.

**CASE 1**  
FUMIO SASAKI

## **MODEL APARTMENT FOR A MINIMALIST**



When I moved out of my old apartment, I chose a simple twenty-square-meter studio with a kitchen. I'm trying to leave it in its clean state, a model apartment for single minimalist living.



This is what the place looks like when I sleep. I use an “airy mattress” from Iris Ohyama, a must-have for Japanese minimalists. Sunlight pours in through the windows, which makes waking up something to look forward to.



Even though I sometimes cook my own meals, my tableware is kept to a minimum. The designs are also minimalist, and cleanup is quick and easy.



Here's a look in my closet, from a down jacket to a suit, some white shirts, and the few pairs of trousers that match in a simple style. I'm aiming to create my own uniform with a signature style like Steve Jobs had.



I don't keep a utility rack in my bathroom. I use liquid soap to wash my body and my hair, and after I get out of the bath, I wipe my whole body with a small hand towel.



I keep my apartment and bicycle keys hooked to a thin wallet from abrAsus. I just put this wallet and my iPhone in my pocket and head out whenever and wherever the mood strikes.

## CASE 2

HIJI

# THE APARTMENT OF A TRAILBLAZER

Hiji is one of the first people who helped spread the minimalist movement in Japan. His simple Zen-like apartment is home to some of the latest gadgets.





#### PROFILE

Hiji currently works as a securities dealer. A fan of graphic novels and the pop group Momoiro Clover Z, Hiji was one of the first minimalist bloggers in Japan. Blog: *Mono o motanai minimarisuto* (A minimalist who doesn't own things) at [minimarisuto.jp](http://minimarisuto.jp).



Hiji is a hardcore minimalist who leaves nothing lying around. The kitchen has just a refrigerator, rice

cooker, and microwave oven.



The “airy mattress” became a necessity for minimalists after Hiji first mentioned it. Fold it up and place the pillow on top to make a “mattress sofa.”



Because he has nothing that takes up floor space, there’s plenty of room for Hiji to enjoy board games with friends. Carcassonne is one of his favorites.



Is this a sparse closet or what? Pull out a Microsoft Surface Pro and folding chair, and it instantly turns into an office.



Hiji is seen here wearing a Sony head-mounted viewer. He got rid of his TV but can still watch his favorite shows—horror films are especially frightening when you watch them this way.

### CASE 3

OFUMI AND TEE

#### A MINIMALIST COUPLE LIVING IN COMFORT

Ofumi and her husband threw away a hundred and thirty kilograms' worth of possessions when they moved from a seventy-eight-square meter apartment to a forty-four-square meter apartment. They continue to enjoy their favorite belongings while maintaining a minimalist way of life.



## PROFILE

Ofumi and Tee say they were awakened to minimalism just as they were about to build a house. They both have their own blogs: *Minimarisuto-biyori* (A fine day for a minimalist) at [mount-hayashi.hatenablog.com](http://mount-hayashi.hatenablog.com), and *Okurete kita minimarisuto* (The belated minimalist) at [minimaltee.hateblo.jp](http://minimaltee.hateblo.jp). Ofumi is also on Instagram at [@ofumi\\_3](https://www.instagram.com/ofumi_3).



A handmade hanging scroll from SOU SOU adds flavor to this spare Japanese-style tatami mat room. The couple says it adds a sense of ownership to their rental.



Ofumi keeps an illustrated diary in her Hobonichi Techo planner and shares it on her blog. It's fun just to look at the colors and intricate composition.



While presents received from friends are kept minimal, they are displayed with care. A fine balance is kept between being too sparse and too busy.



The living room wall is decorated with a hand towel from Mina Perhonen and a simple wall clock. It's cute and yet creates a Zen garden-like sense of space.

**CASE 4**  
**YAMASAN**

## **MINIMALIST FAMILY LIFE**

Yamasan's home is an example of how a family of four can live simply. It's clean throughout and an ideal home for relaxing.

