

《日本流行极简主义生活方式》

导读:日本越来越多人选择远离物质主义,拥抱极简主义的生活方式,佐佐文本雄就是这样的一位实践者和倡导者。



In Japanese society, where consumerism has become almost a national obsession, an increasing number of people are opting away from materialism and embracing a minimalist lifestyle, which they claim provides them with enormous freedom.

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Fumio Sasaki has just 20 items of clothing in his closet, with an electric toothbrush and a vacuum cleaner among the possessions in his tiny apartment.

????????????20????????????????????????????????

His apartment, measuring 20 sq. meters (215 sq. feet), has no trace of everyday things, such as chairs, a desk or

even a bed.

??20????????????????

"I don't need them. I have the essentials," he told EFE.

"????????????????"???EFE?

Two years ago, Fumio began practicing a life philosophy that calls on people to do away with material possessions and get richer through their experiences, a lifestyle that is attracting an increasing number of people in Japan.

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Books, clothing and furniture have disappeared from his house. At the age of 36, he does not need to worry about arranging his things in order, or comparing his possessions to those of others.

????????????????????36????????????????????????????????????

"I was deeply affected by the freedom this lifestyle offers you," the publishing house employee in Tokyo, one of the world's most fast-paced cities, said.

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"There is a certain freedom when all you need to put are 15 things in your backpack," he said, referring to the "extreme minimalism" of American Andrew Hyde, who one day decided to sell all his possessions (except 15 objects) and tour 42 countries.

"????????15????????????????????"?????????·?????"?????"????????????????????15????????42????

Motivated by Hyde's ideas, Fumio has a backpack in which he carries a MacBook Air, Wi-Fi cell phone, Kindle e-reader, a book and a battery charger, as well as socks and some underwear.

????????????????????MacBook Air?Wi-Fi???Kindle????????????????

"With just this many things, I can work anywhere, I have sufficient entertainment and I can travel any time I want," he said.

"????????????????????????????????"???

[illegible]

??15???

