

MINIMALISM

A DOCUMENTARY ABOUT THE IMPORTANT THINGS



THE MINIMALISTS PRESENT A FILM BY MATT D'AVELLA PRODUCED
BY JOSHUA FIELDS MILLBURN, RYAN NICODEMUS, & MATT
D'AVELLA, IN ASSOCIATION WITH CATALYST, ASYMMETRICAL, & SPYR.
MINIMALISM: A DOCUMENTARY ABOUT THE IMPORTANT THINGS

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A DOCUMENTARY ABOUT THE IMPORTANT THINGS



LOGLINE

How might your life be better with less? *Minimalism: A Documentary About the Important Things*, a feature-length documentary from the popular simple-living duo The Minimalists, examines the many flavors of minimalism by taking the audience inside the lives of minimalists from various walks of life.

WHAT IS MINIMALISM

At first glance, people might think the point of minimalism is only to get rid of material possessions. Eliminating. Jettisoning. Extracting. Detaching. Decluttering. Paring down. Letting go. But that's a mistake.

True, removing the excess is an important part of the recipe. But it's just one ingredient. If we're concerned solely with the stuff, then we're missing the larger point.

Minimalists don't focus on having less; rather, they focus on making room for more: more time, more passion, more experiences, more growth, more contribution, more contentment. More freedom. Clearing the clutter from life's path makes that room.

Ultimately, minimalism is the thing that gets us past the things so we can make room for life's important things—which actually aren't things at all.



ABOUT THE MINIMALISTS

Joshua Fields Millburn & Ryan Nicodemus, known to their 4 million readers as “The Minimalists,” are bestselling authors and international speakers who write and speak about living a meaningful life with less stuff. Their books include *Essential: Essays by The Minimalists*, *Minimalism: Live a Meaningful Life*, *As a Decade Fades: A Novel*, and *Everything That Remains: A Memoir*. They have been featured in *TIME* magazine, *New York Times*, *Wall Street Journal*, *USA Today*, *Forbes*, *ELLE*, *Details*, *The Atlantic*, *Boston Globe*, *San Francisco Chronicle*, *Chicago Tribune*, *Seattle Times*, *Toronto Star*, *Globe & Mail*, *National Post*, *Vancouver Sun*, *Village Voice*, *LA Weekly*, and on the *TODAY* show, *CBS This Morning*, *ABC*, *NPR*, *CBC*, *BBC*, and many other outlets.

Visit the authors online at
TheMinimalists.com.

PRAISE FOR THE MINIMALISTS

“Like Henry David Thoreau, but with Wi-Fi.”

—*Boston Globe*

“Regaining control by limiting consumption and living more meaningful lives.” —*Forbes*

“The country’s leading evangelists on the virtues of living with less.” —*Slate*

“The best way to find happiness is to get rid of almost everything.”

—*CBS This Morning*

“The first thing you need to know about Joshua Fields Millburn and Ryan Nicodemus is that they like to hug.”

—*TIME* magazine

“Perhaps it’s a good time to sit back and look at how we can all live with less.”

—*USA Today*

“A better life, by having fewer possessions.”

—*Seattle Times*

“Less has become so much more ... Let’s call it minimalism+.” —*Elle*

“Paring down, branching out.”

—*Chicago Tribune*

“Minimalists make the most of living with very little.” —*Chicago Sun-Times*

“The joy of living with less.” —*BBC*

“The path to a richer, if less cluttered, life.”

—*Globe & Mail*

“Minimalists: the boys who went back to basics.” —*Irish Independent*

“Passionate about helping people.”

—*San Francisco Chronicle*

“Minimalism has brought happiness to [these] two former executives.”

—*Vancouver Sun*

“Minimalists maximize lives by letting go selectively.” —*Austin American-Statesman*

“Frugality so satisfying.”

—*Wall Street Journal*

“Learn a thing or two from The Minimalists.” —*Village Voice*



ABOUT THE DIRECTOR

New York City-based director Matt D'Avella has worked on many film projects for major brands including Reebok, Netflix, Facebook, Twitter, Evernote, Etsy, Dwyane Wade, and many others. *Minimalism: A Documentary About the Important Things* is his first feature-length film.

DIRECTOR'S STATEMENT

This film is my directorial debut. It's a message that I believe in—one that's very personal. After graduating college in 2010 with more than six-figures in student loans and less than \$20 in my bank account, I set out on a personal journey of growth. During this time I discovered a number of blogs, articles, and essays online that talked about this thing called minimalism. It was a light-bulb moment for me. What was driving my urge towards wanting more? Why was I defining success on such shallow ideas? Equipped with the motto of "less is more" I began to pare down on all nonessentials. After a few days and dozens of trips to Goodwill, I was surrounded by only the things that added value to my life. With that I was able to truly focus on

what mattered most in my life. For me that was creating experiences, building relationships, and eventually directing my first feature-length documentary.

Three years after I took the plunge into minimalism I got a call from Joshua Fields Millburn of The Minimalists. He wanted to create a documentary about minimalism and show how the philosophy has helped people all over the country. Equipped with a truly minimal amount of gear (a c300, tripod, and light kit), we hit the road to interview with other minimalists. What impact did it have on their lives? What problems were they able to overcome? The subsequent footage was woven together into a feature-length documentary exploring many facets of simple living.

FILM SYNOPSIS

Imagine a life with less: less stuff, less clutter, less stress, less debt, less discontent. A life with fewer distractions.

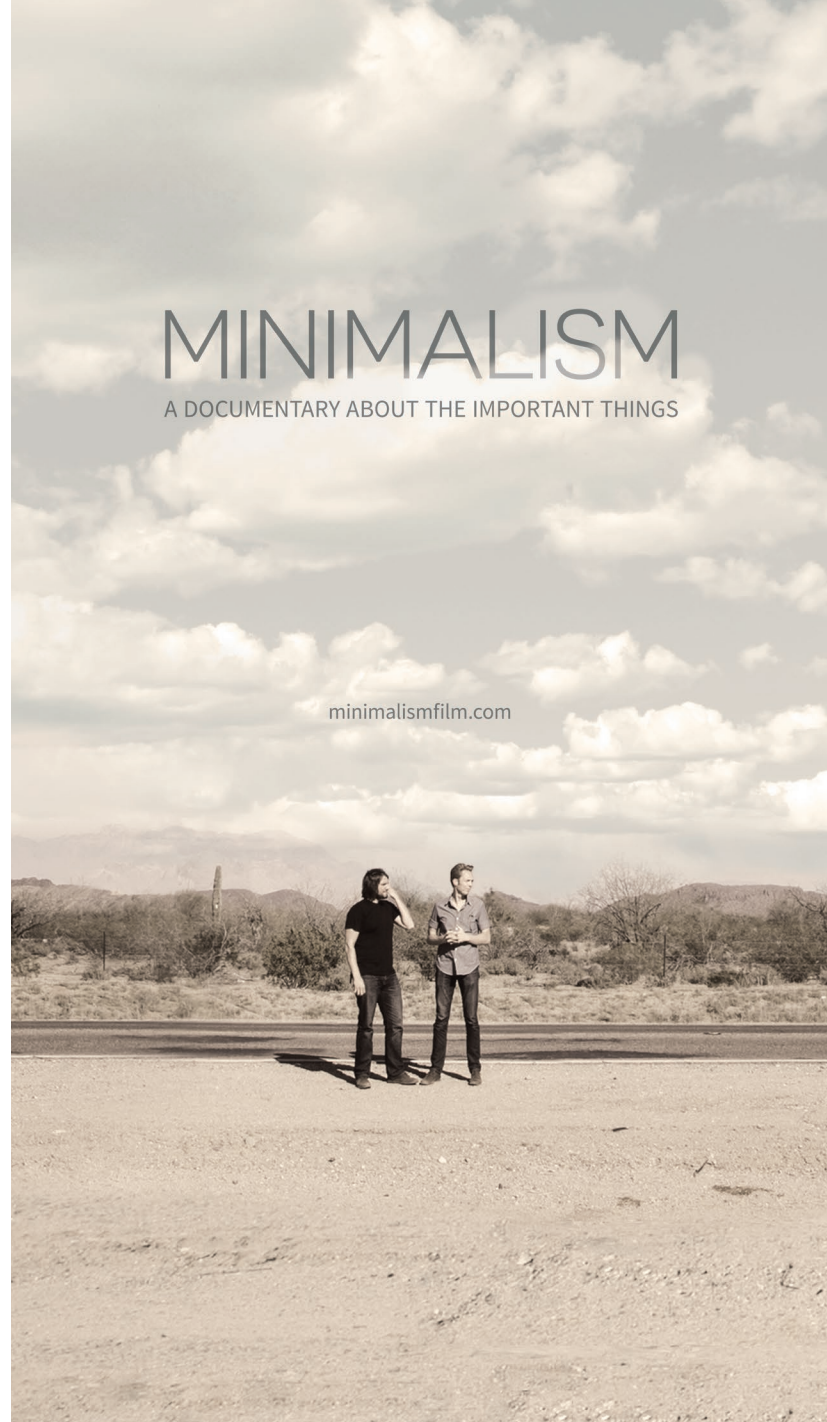
Now imagine a life with more: more time, more meaningful relationships, more growth, more contribution, more contentment. A life of passion that is unencumbered by the trappings of the chaotic world around you.

What you're imagining is an intentional life. Not a perfect life—not an easy life—but a simple life.

Minimalism: A Documentary About the Important Things, a feature-length documentary from the popular simple-living duo The Minimalists, examines the many flavors of minimalism by taking the audience inside the lives of minimalists from all walks of life.

From minimalist architects, designers, and musicians, to businessmen, authors, and minimalist families, this film explores various recipes for how to live a more meaningful, deliberate life. Not a perfect life—not an easy life—but a simple one.

Directed by Matt D'Avella, in association with Asymmetrical, Catalyst, and SPYR.



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PHOTOS FROM THE FILM



*Neuroscientist Sam Harris, author of **Waking Up**, speaks about the benefits of mindfulness*



*Leo Babauta, author of **Zen Habits**, explains how changing the habit of consumerism can lead to a more fulfilling life*



David Friedlander and Jacqueline Schmidt, a husband and wife duo with two children, talk about minimalist living as a family in the city



*ABC journalist Dan Harris, author of **10% Happier**, talks about the on-air mental breakdown that led him to using meditation to clear his mental clutter*

PHOTOS FROM THE FILM



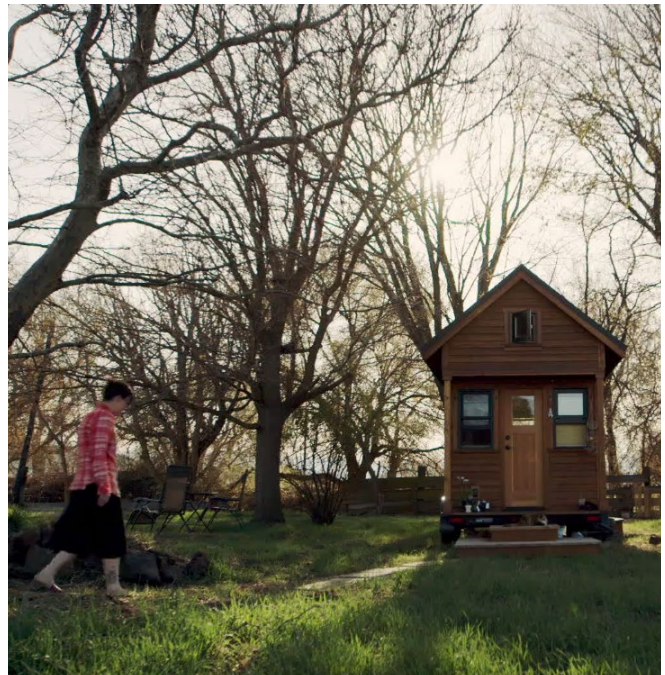
Minimalist fashion designer Shannon Whitehead, founder of Revolution Apparel, explains the pernicious side of the fashion industry



The TODAY show's Kathie Lee and Hoda discuss the "joy of having less" during the holiday season with The Minimalists, Joshua Fields Millburn & Ryan Nicodemus



The average person generates 4.3 pounds of waste per day



Tammy Strobel's tiny home in northern California

PHOTOS FROM THE FILM



Courtney Carver—mother, wife, and author—discusses tips about simplifying one's wardrobe



A peaceful place: the Garden of a Thousand Buddhas near Missoula, Montana



Clyde Dinkens discusses the “fruitless pursuit of more”



The Beckers, a minimalist family in Arizona, enjoy time together at a local public park

CREDITS

DIRECTOR

Matt D'Avella

EXECUTIVE PRODUCERS

Joshua Fields Millburn

Ryan Nicodemus

Matt D'Avella

CO-PRODUCERS

Jeff Sarris

Marla Sarris

Dave LaTulippe

ORIGINAL SCORE

VVE

EDITED BY

Catalyst Media

AUDIO MIX

Peter Duff

COLOR GRADING

Chris Newhard

DESIGN

SPYR

CAMERA ASSISTANTS

Chris Newhard

Conrad Golovac

Kyle Forbes

FEATURING

Dan Harris

Joshua Becker

Shannon Whitehead

Matte Scheinker

Sam Harris

Rick Hanson

Jay Austin

Yarrow Kraner

Ryan Nicodemus

Joshua Fields Millburn

Leo Babauta

Courtney Carver

Jesse Jacobs

Frank Mascia

David Friedlander

Tammy Strobel

Jacqueline Schmidt

Colin Wright

Dave LaTulippe

Clyde Dinkins

Marla Sarris

Jeff Sarris

A.J. Leon

Colin Beavan

Crew Spence

Andrew Clifford Capener

ADDITIONAL LICENSED FOOTAGE

ABC News

NBC News

FOX News

590 Films

Jerry Bailey Jr.

So I Decided To Productions

National Archives