

Simple Life

We have to decide the most important things
for our happiness



■ チャールズ皇太子の靴 (2009年7月8日)
英国のチャールズ皇太子は、150周年を祝うためにロンドン北部の私設教
養院を訪問したときに、この靴を履いていた。この写真では3か所に当て
革で修理した跡を確認することができる。 Press Association/AFLD

In developed countries today, people probably have more than enough things, but we still want to get more. This may keep people unhappy because they cannot be satisfied with what they have.

of the things we have. Most of us As a result of this trend, some people

NOTES

- | | | |
|---------------------------|------------------------------|-----------------------------|
| 12. Steve Jobs スティーブ・ジョブズ | 19. stylish [stáilíʃ] | 36. lead a life 生活を送る |
| 13. founder 創設者、設立者 | おしゃれな、スタイリッシュな | 40. mansion [mænʃən] 大邸宅、豪邸 |
| 13. Apple アップル社 | 24. King Charles III チャールズ3世 | |
| 17. Issey Miyake 三宅一生 | 35. Warren Buffett | |
| 17. Levi's リーバイス (ブランド名) | ウォーレン・バフェット | |



■ ウェストミンスター寺院でのチャールズ国王の戴冠式
英国のチャールズ国王は、アメリカの男性誌『Esquire』が選ぶ世界の男性
ベストドレッサーに選出されたこともある。 代表撮影/REUTERS/AFLD

today are interested in a “simple life.” This idea is often connected to Steve Jobs, the founder of Apple. He was richer than anyone could imagine, but he always wore the same kinds of clothes. Nearly every day, he wore a black sweater by Japanese designer Issey Miyake and Levi’s 501 jeans. He liked his uniform because it was both stylish and convenient. In his view, this made it possible for him to focus on his work.

A similar way of thinking can be seen in the UK’s upper class. This idea is best expressed in a famous photo of King Charles III’s old shoes. The shoes are very old and have been repaired many times. Such high-quality shoes can cost more than ¥200,000 a pair, but if they are repaired, they can last for ten or twenty years, or even longer. Many members of



■ Apple製品の発表を行う故スティーブ・ジョブズ氏
左の写真は2006年にiPodの説明を、右は2010年にiPadの説明を行っ
ているが、どちらも黒いセーターにジーンズだった。 AP/AFLD, AP/AFLD

Britain’s upper class have held this kind of view for a long time. They do not keep buying new things and prefer long-lasting items.

Warren Buffett, one of the richest investors in the world, also leads a very simple life. He still lives in the same house that he bought in 1958 for \$31,500. Although he has billions of dollars, he does not live in a huge mansion or own many expensive cars. Every morning, he stops at a fast-food restaurant to buy breakfast for just a few dollars. This surprises many people, but it is normal for him.

For many of us, buying new things is a lot of fun. However, some people feel stressed because they have too many things. If you feel this kind of stress, maybe you need to think about the things you really need to be happy.

WANT TO LEARN MORE?

- | | |
|------|---|
| Book | 井形 慶子著『イギリス式シンプルライフ』宝島社 |
| Book | 井形 慶子著『イギリス式買わない暮らし - 今あるモノでキレイに住もう』宝島社 |
| Book | SE 編集部編『みんなの持たない暮らし日記』翔泳社 |

VOICE DL

