**Essay Topic:**

Minimalism is a movement arising originally in sculpture and painting in the 1950s, characterized by the use of simple forms. But later the idea it advocates has seen a spread in architecture, packaging, and interior design and further in lifestyle, whose practitioners include Steve Jobs, a founder of Apple Inc. Minimalist lifestyle promotes refusal of anything that is not needed, relationship included, and the abandoning of the fascination with the substance so as to let the occupier be in a spacious and comfortable space and able to focus on what really matters. The publication of the book entitled *Dan Sha Ri* (refusal, disposal and separation) in 2009 authored by the Japanese Yamashita Hideko helped it spread in China and attract numerous followers.

极简主义是一种最初产生于20世纪50年代的雕塑和绘画中的运动，其特点是使用简单的形式。但后来，它所倡导的想法在建筑、包装、室内设计以及生活方式方面得到了传播，其从业者包括苹果公司的创始人史蒂夫·乔布斯。极简主义的生活方式促进拒绝任何不需要的东西，包括关系，并放弃对物质的迷恋，以便让占领者在一个宽敞舒适的空间，能够专注于真正重要的东西。2009年，日本山下秀子出版了名为《丹沙里》（拒绝、处置和分离）的书，帮助它在中国传播，并吸引了众多追随者。

