

# The M Man.

Living one day at a time

Vol. 1 Issue 7  
Free edition



## Paris

The city of light

Joseph Tate



Beoplay H4

by Bang & Olufsen

Hervé

Très Hyper

Mindful Body



**The M Man.**

## Our Staff.

**Editor in Chief & Executive Art Director**  
Ricardo Tecó Adame

**Content Director** Dante Cabrera

**Digital Strategist** Gin Argueta

**Public Relations** Andy Bemon

**EDITORIAL OFFICES**  
31802 Argyle Ave  
Los Angeles, CA 90028

The Minimalist Man is published by  
A' Louest Company

**TheMinimalistm.com**

# The Minimalist Man.

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Mindful Body

## The M Man.



## Editor's Note



**P**aris is one of the most amazing cities in the world. The 'City of light' is especially well illuminated during the festive season, when over 2.4km of lights stretch from the Place de la Concorde right down to the Arc de Triomphe. It's made even brighter with its 450 decorated trees along the avenue and on the pavement. However, it's Paris's most famous landmark, the glittering Eiffel Tower, that's mainly to blame for the misinterpretation. The monument shines like a beacon each night with 40km of illuminated garlands made up of 20,000 light bulbs. In this edition of the magazine, you'll know more about one of my favorites singers. Hervé is a really talented French singer, musician and DJ who released a new album this year.

Talking about arts, you'll find information about Joseph Tate, an amazing illustrator from Nigeria who is becoming in one of the hottest artists of 2020.

 **Ricardo Tecu Adame**  
Editor-in-chief



Photo by Ricardo Tecu Adame

# Paris

## City of light

The history of Paris dates back to approximately 259 BC, with the Parisii, a Celtic tribe settled on the banks of the Seine. In 52 BC, the fishermen village was conquered by the Romans, founding a Gallo-Roman town called Lutetia.

The city changed its name to Paris during the fourth century. During this period, the city was threatened by Attila the Hun and his army, and according to the legend, the inhabitants of Paris resisted the attacks thanks to the providential intervention of Saint Geneviève.

### **The city changed its name to Paris during the fourth century.**

During the eleventh century, Paris gradually became more prosperous thanks to its trade in silver and because it was a strategic route for pilgrims and traders.

At the beginning of the twelfth century, the first university in France was founded thanks to the uprisings of students and professors. Louis IX appointed the chaplain, Robert de Sorbon, to establish the College, which was later named after him, the Sorbonne.



Photo by Ricardo Tecu Adame

Additionally, the capital of France, which was the most populated city in Europe in 1328, was struck by the Bubonic plague, killing thousands of Parisians.

Following the Hundred Years' War, Paris was devastated and Joan of Arc was unable to keep the British from taking Paris.

In 1431, Henry VI of England was crowned King of France and the English did not leave until 1436. The city kept on growing during the following centuries, although monarchs preferred to live in the Loire Valley.

In 1528, King Francis I returned the royal residence to Paris and the city became the largest in Western Europe.

**In 1528, King Francis I returned the royal residence to Paris and the city became the largest in Western Europe.**







Photo by Ricardo Tecu Adame

**Above**  
Louvre Museum

As a consequence of the Fronde, poverty spread throughout Paris.

During this period, there was an explosion of the Enlightenment philosophical movement, whose principles are based on reason, equality and freedom. Philosophers and authors such as Voltaire, Rousseau, Diderot and Montesquieu fostered the Enlightenment, creating a need for a socio-economic equality that led to the revolution and the decline of the divine right monarchy.

Mexico City is apparently the second most instagrammed destination in Mexico, pipped to the post only by perennially popular holiday hotspot Cancún.

## **A NEW PARIS**

Once Napoleon had been defeated, France experienced great political uncertainty until Napoleon's nephew organized a coup d'état in 1851 and became Emperor Napoleon III.

During the following seventeen years, Napoleon III promoted the city's urban development.

During this period and with Baron Haussmann as the prefect of Paris, the city changed its urban structure, rebuilding the center, knocking down its fortification and expanding the metropolitan territory.





Photos by Ricardo Tecu Adame

## MODERN PARIS

Paris has so many hot spots, but the most popular is the the Eiffel Tower.

It's one of Paris' most recognizable landmarks. For many people, it's thrilling the first time you see the Eiffel Tower. And for first-timers, a visit to Paris would not be complete without a trip up the Eiffel Tower.

The Louvre is the world's largest art museum. This building was once the home to French Kings, including Louis XIV.

During the French Revolution in the 18th century, the Louvre was converted to a museum

The Louvre is massive and you could literally spend days here. However, you can see the highlights (Mona Lisa, Venus de Milo, and the Winged Victory) in just an hour or two.

Another really important hot spot in the city is the Champs-Elysees, one of the most recognizable streets in the world, running from Place de la Concorde to the Arc de Triomphe. Along the way, pop into Laduree for macarons, another must do while in Paris.

Sitting at the top of the Champs-Elysees is the Arc de Triomphe. From the top of the Arc you get one of the best views of Paris.







Photos by Ricardo Tecu Adame

## ILLE DE LA CITE

Look down the Champs-Elysees to the Louvre, out to La Defense, and over the rooftops to the Eiffel Tower.

Ile de la Cite is the small island in the center of Paris that is home to Sainte-Chapelle and Notre Dame. It is the historic heart of Paris.

Pont Neuf is the oldest bridge in Paris. It connects the Right Bank with Ile de la Cite. From this bridge, enjoy the view of the Seine River, Pont des Arts (the next bridge on the river), and the Eiffel Tower off in the distance.

Place de la Concorde is a large round-about that is sandwiched between Tuileries Garden and the Champs-Elysees. This famous square is full of French history. This was the spot during the French Revolution where King Louis XVI, Marie Antoinette and Robespierre were executed by guillotine.

Versailles is a royal chateau located on the outskirts of Paris. In 1682, King Louis XIV moved the Royal Court from the Louvre to the Palace of Versailles. For a little more than 100 years, this was the seat of government for France. That ended in 1789 with the French Revolution. The monarchy moved back to Paris and since then, the city of Paris has remained the seat of government for France. During your visit to Versailles you will tour the palace and stroll through the gardens.

Another beautiful museum is Musee d'Orsay houses the largest collection of Impressionist art in the world. It is here that you can see Monet, Manet, Degas, Cezanne, Renoir, Van Gogh, Gaugin and more. It's literally a collection of the who's who in the Impressionist art world.

This museum is more than just Impressionist art. The building is also a work of art. Musee d'Orsay was once Gare d'Orsay, an old train station, which was renovated and became this art museum.

It's really difficult to talk about Paris in a few pages, the city has too much to see, to eat and to hear that makes you fall in love with it.

**Ile de la Cite is the small island in the center of Paris that is home to Sainte-Chapelle and Notre Dame. It is the historic heart of Paris.**





Photos: Facebook.

# HERVÉ LE SOURD

Hervé Le Sourd is from the Parisian suburbs. An injury forced him to give up on a football career.

He then intended for music. In 2015, Hervé began his professional career, creating the musical duo Postaal. At the same time, he wrote and composed many pieces, some of which were selected by Johnny Hallyday and published on his posthumous album.

In 2018, he released his first single Va Piano.

After Angèle, Eddy de Pretto, Columbine and Clara Luciani, the label to which everything succeeds, Initial, bet on Hervé and his first album, "Hyper"

**An injury forced him to give up on a football career.**

**"J'ai l'cœur qui bat pour toi  
Cent fois par minute, cent fois par  
minute  
J'ai l'cœur qui bat pour toi, moi"**





Photos: Addenda Music video.

Hervé writes, composes, sings and produces at his home. We could say that he's multi-talented.

As a curious guy, he "learned everything with his computer, watching videos on YouTube & searching information on the Internet.

Even he's not a professional player, he still practices football.

When he was a teenager he had multiple jobs: catering, he worked for an ice cream shop and he also worked on a theater.

### **ABOUT HYPER**

Less dark than *Mélancolie FC*, *Hyper* is more personal. "It was the word that resembled me the most, which would catalyze the intensity the most," he specifies.

This is all that I experience hyper intensely, my hypersensitivity, my hyperactivity ... Hyper good, hyper bad."

"It's an album of feelings and when I say more "solar", it's because I opened the windows a little," he says.

### **MAELSTRÖM VIDEO**

"I taped my phone to the bottom of my father's car, I fell in love, I wanted to do anything," gets excited Hervé at the mention of the shooting of the clip for his song *Maelström*. A video dedicated to deconfinement and in which he frolics with madness and lightness in the countryside while singing: "Tell me again how beautiful this life is, you don't know how much I need to hear it." "It was a title that corresponded to the feeling I had, explains to 20 Minutes the 28-year-old artist who experienced deconfinement as a liberation. I didn't go out at all for two months. This clip was about letting go."

**"It's an album of feelings and when I say more" solar", it's because I opened the windows a little."**



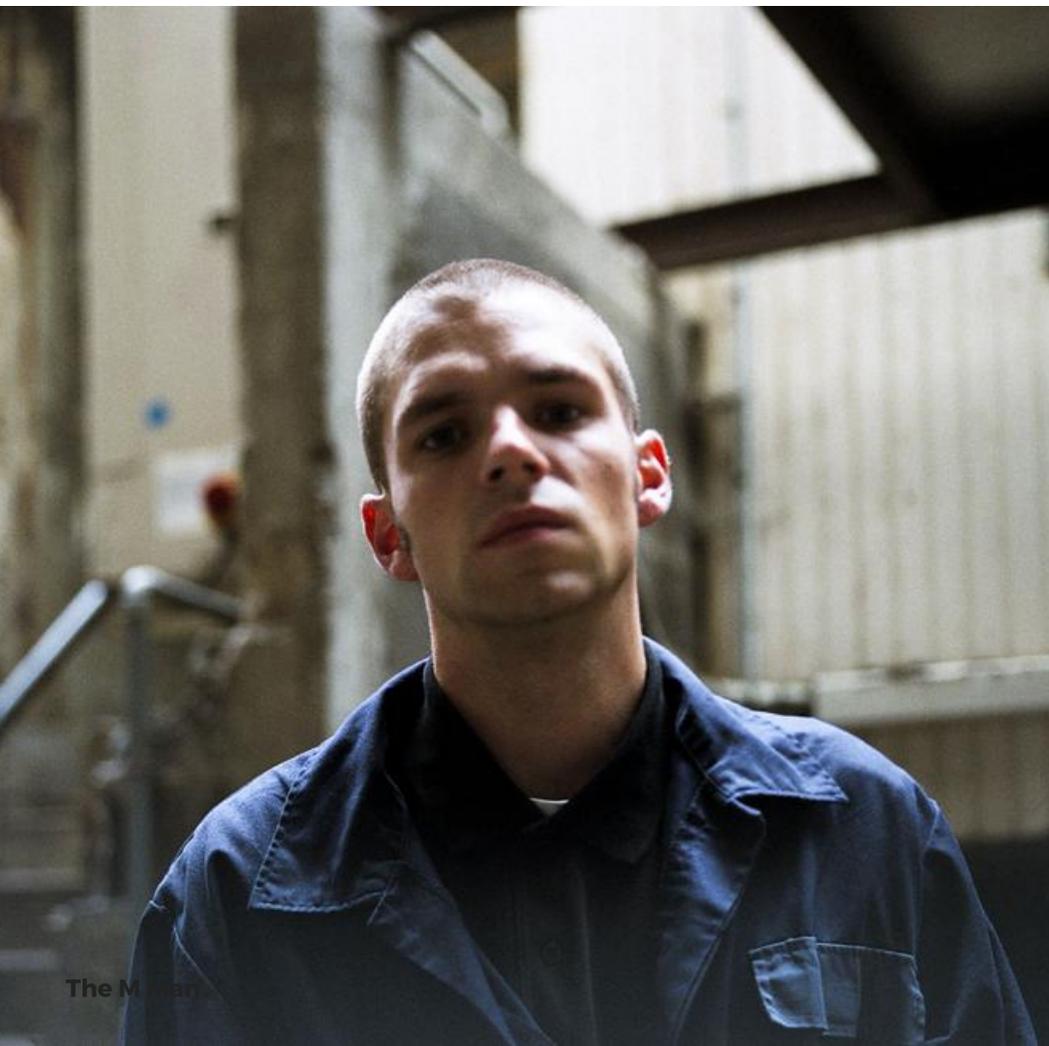
Through Hyper , he describes his daily life and his moods in a deliberately tormented and direct manner.

Amorous outpourings with an unstoppable groove ( Trésor , Maelström , Addenda ), affective disillusion ( Si bien du mal , Featherweight heart ) and always this visceral need to express his night owl thoughts ( Fury to live ). A personal book entirely written and composed by Hervé.

His latest single 'Addenda' has more than 250k views on Youtube. The video is like a ray of light during these crazy days.

About 'Addenda he explains: "An addendum is an explanatory and additional note that can be found at the end of a work to explain its nature and content. I imagined this title as a dialogue with myself, a face to face which allows me to evoke all the things that I do not want to see and for which I even refuse the explanation. "

**His latest single  
'Addenda' has more  
than 250k views on  
Youtube.**



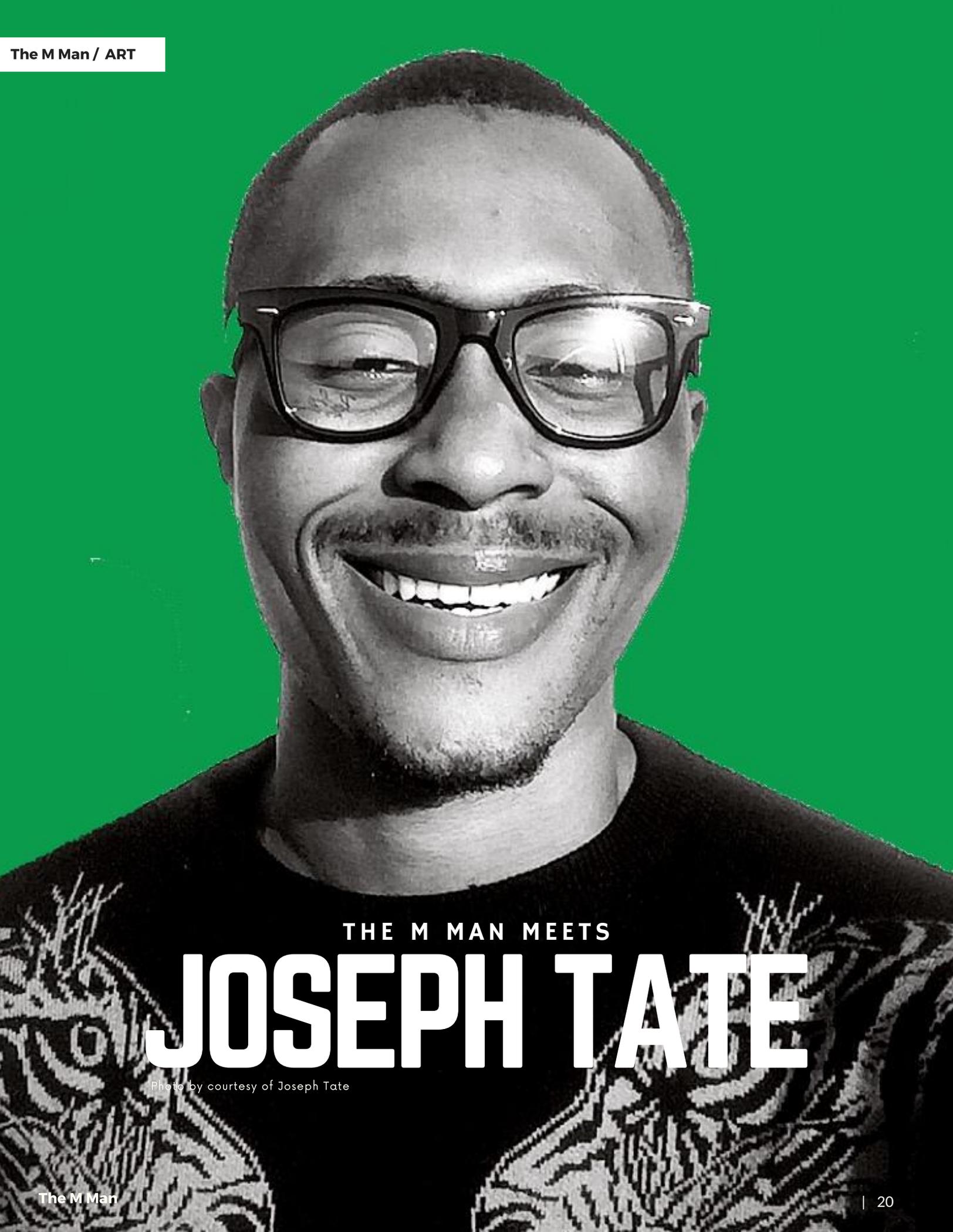
**Watch the latest video  
'Addenda'**



Follow

*Herwé*





THE M MAN MEETS  
**JOSEPH TATE**

Photo by courtesy of Joseph Tate

# HAVANA



Illustration by courtesy of Joseph Tate



Illustration by courtesy of Joseph Tate

**A**rt has been a really important part of my life. I find inspiration in music, paintings, sculptures, movies and illustrations.

I had the opportunity to talk with Joseph Tate, an amazing illustrator who is based in Nigeria.

Let's meet Joseph!

## Background

I spent my first year after University working on my startup (ichef) a personal chef hiring app. Due to lack of funding, I had to keep it on hold and work as a freelance UX designer in Abuja, Nigeria.

While illustration has always been my hobby on the side.

I've always been interested in menswear since I was in college, and my focus kind of shifted from streetwear to classic menswear & workwear.

**"I've always been interested in menswear since I was in college."**



Illustration by courtesy of Joseph Tate



I started a personal blog in late 2018 called Joseph Tate to share my experience and tips about men's fashion through writing and illustration, which was well received by my friends and a couple of menswear enthusiasts, who encourage me to post frequently and I haven't looked back since then.

I work full time as a freelance menswear illustrator.

## About Illustration

I've always worked for myself ever since I finished university. I've worked as a freelance user experience designer for companies in Nigeria and the world at large.

## Creation Process

I work from home with my iPad Pro to create most of my work.

Mostly styles I appreciate and some menswear most notable Marshals.

It may differ depending on the brief I get from the client but I start with a little discovery with the client which gives me a great idea and scope about the character.

I use both procreate and Autodesk sketchbook for my work.

**"I've always worked for myself ever since I finished university"**



Illustration by courtesy of Joseph Tate

I believe what I enjoy most about my illustration is just the simplicity and Sophistication of the characters. I could do it all day.

I don't have a particular artist I might call my favorite. But if I ever get the chance to own a piece of work of any artist, it will be that of Jacque Louis David.

## Inspiration

I take inspiration from the English illustrator Mr Slowboy, the Persian miniaturist sultan Mohammed and of course sir Leslie Ward who did a couple of illustrations for vanity fair during his long time as an artist/illustrator.

## What's my motivation in these pandemic times?

Just the thought and hope that things will get better and perhaps it may inspire my work in a positive light.



Follow Joseph Tate on Instagram

Illustration by courtesy of Joseph Tate



# Mindful Body

BY THE M MAN

Focusing on the body and physical abilities is an essential part of mindfulness.

For those that find it difficult to practise mind or emotion focused habits this can be much easier.

I've included activities within this section because awareness of the physical is a great way to key into the moment.

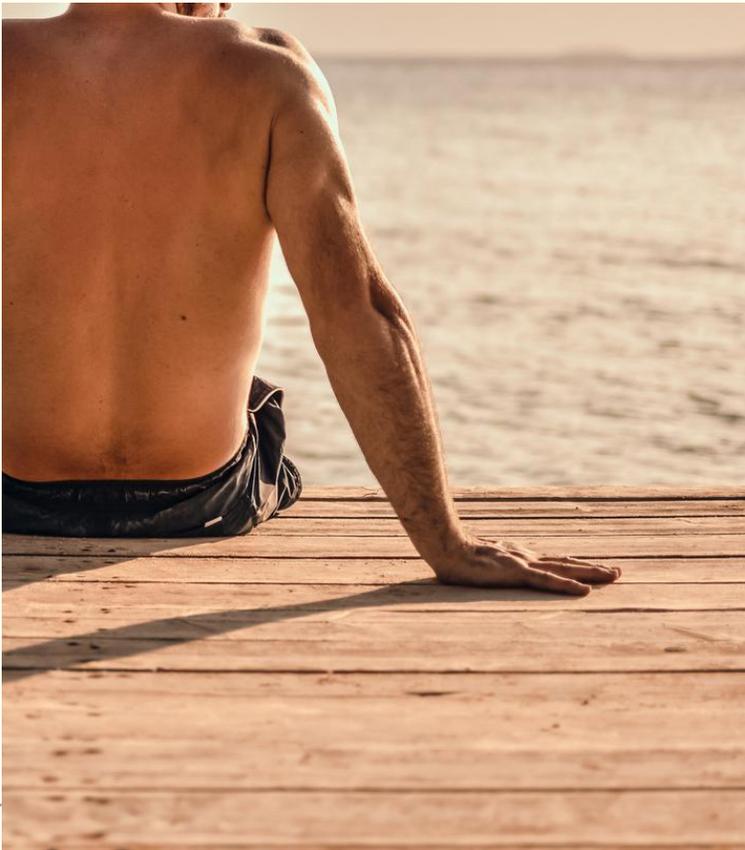
**Focusing on the  
body and physical  
abilities is an  
essential part  
of mindfulness.**

## Focus in your body



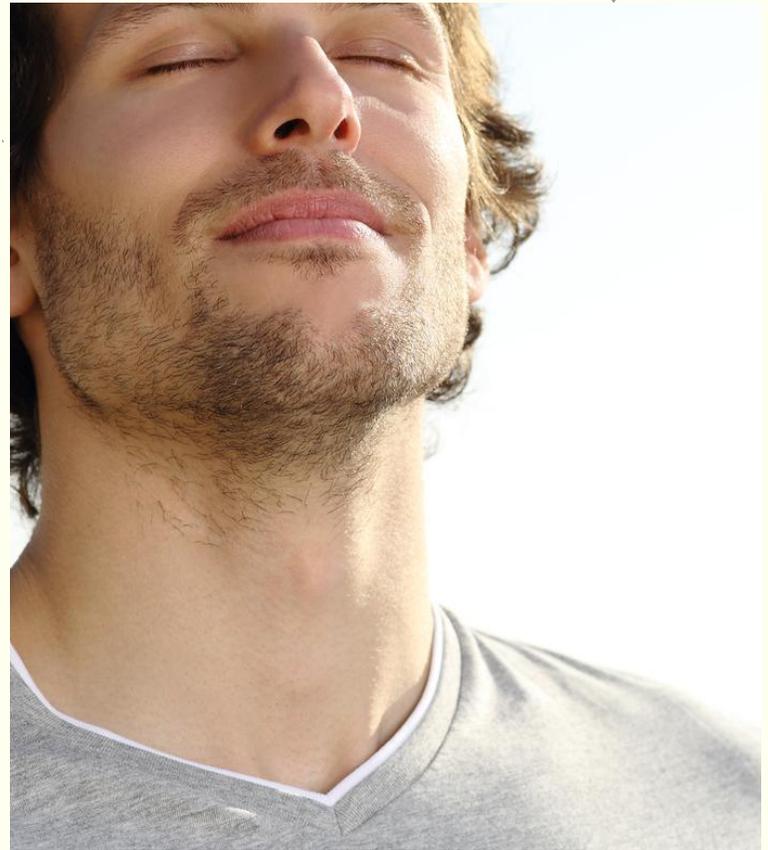
A great element of mindfulness is that you don't even need to stop what you're doing to practise it. Whether it's the tap of your fingers on the keyboard, the posture of your back as you sit at your desk or the placement of your feet on the floor, you can gently bring your attention to your physical sensations. This will stop your mind from spiralling into the future or from over-analysing what you're doing.

## Scan your body



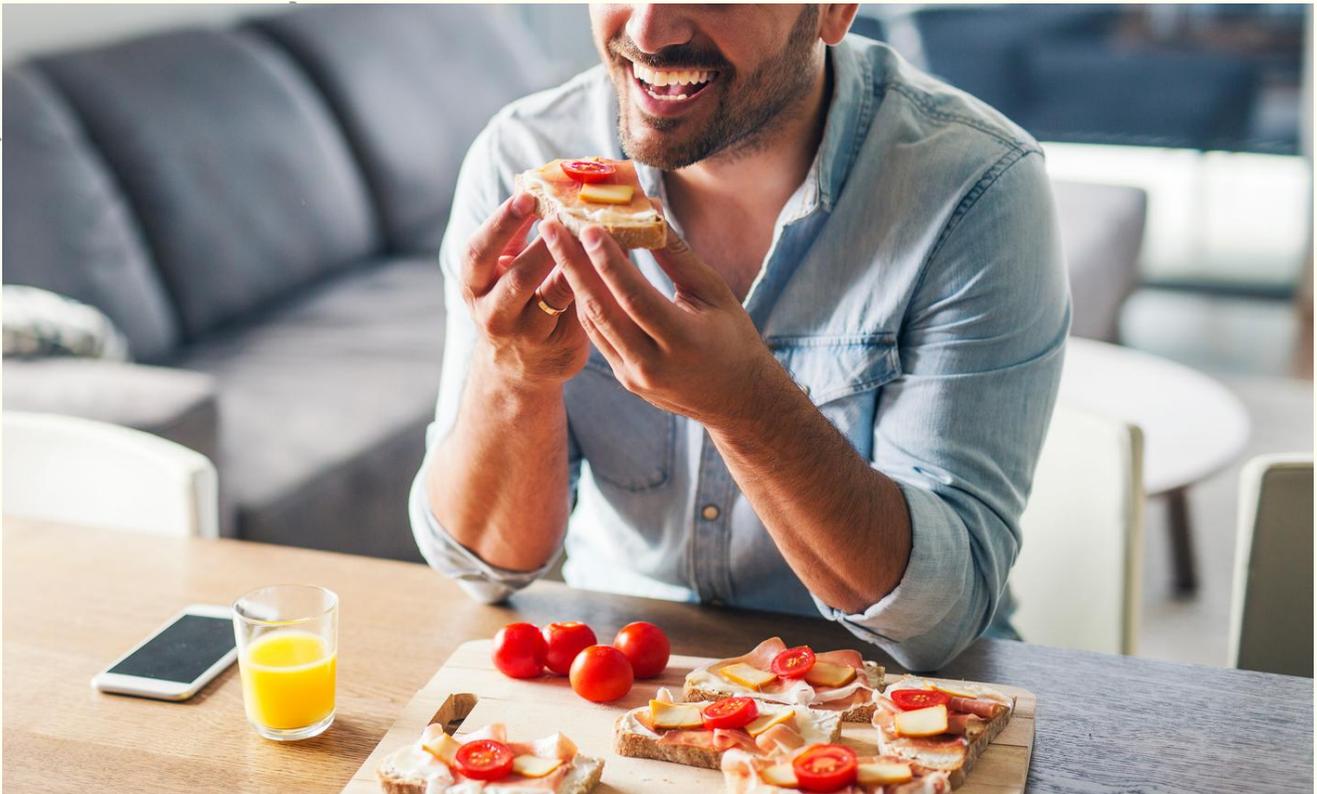
A body scan entails listening to the tensions in your body, focusing on them, and then releasing them, either by movement or just the focus of your mind. Don't allow your mind to analyse why you are tense, just enjoy the sense of relaxation and release.

## Breathing



It's no secret that focusing on breathing is a great way to calm you down if you're stressed, but don't wait until then. To help you focus practise breathing in through your nose and out through your mouth. If this proves difficult, countdown breaths from twenty. It may seem too easy, but it will help get rid of those distracting thoughts

## Eating



Like walking, eating is an everyday activity so it goes without saying that mindful eating can change your day. However, to begin with, it can be hard to eat an entire meal mindfully, particularly if you have children. Start with a snack. A piece of fruit or even a glass of water. If you concentrate and focus your attention, your mind will be calmed. There have even been studies that suggest mindful eating can help with weight loss. Give relaxed attention to feelings of hunger, thirst or overeating.

## Exercise



Often, when we work out, we try to distract ourselves from what we're doing. A great way to become fully aware during an exercise routine is to have a purpose and plan like weight-loss and 3 kilometres. Try to slow down. This will help with awareness of what you're doing. Throughout remind yourself to breathe and focus on your breathing. Exercising mindfully also reduces the chance of injury.

## Walking



Walking is one of the most common activities that humans do, so it's the perfect opportunity to be mindful. Try walking with intention. If you are carefully focused on and aware of each step you take you will begin to feel that quiet sense of peace that instils you when you practise mindfulness. Do the same with sitting.



Bang & Olufsen

# Play H4

The all new Bang & Olufsen Beoplay H4 2nd gen contemporary over-ear headphones with long-lasting comfort, superior sound and voice assistant.

Beoplay H4 deliver an authentic and a finely tuned acoustic performance based on our strong heritage of sound engineering dating back to 1925. No matter if you use Beoplay H4 wireless or corded, the music will immerse you – and let you stay in the moment.

## DURABLE MATERIALS

Leather, aluminium, stainless steel and braided textile. The use of high quality and strong materials ensures lasting comfort and great durability when you're on the move or over extended periods of time. And with leather that patinates naturally over time, Beoplay H4 is made to age with grace.

Beoplay H4 deliver an authentic and a finely tuned acoustic performance based on our strong heritage of sound engineering dating back to 1925.

No matter if you use Beoplay H4 wireless or corded, the music will immerse you – and let you stay in the moment.

These premium headphones play tirelessly for hours on end. With a generous battery life of up to 19 hours, you can stay on the move and enjoy beautiful music for longer.

## THE POWER OF YOUR VOICE

Beoplay H4 are optimised for the Google Assistant\*.

Your Assistant can help you in many ways: ask for your favourite track, the local weather report and stay connected to friends, or simply get your latest notifications.

Just press and hold the dedicated button to start a conversation with your Google Assistant.\*The Google Assistant is available only in specific countries and languages.

These are full-size headphones, with large cups that encompass your ears.

As such, they're particularly well-suited to glasses-wearers who might not get on with on-ear pairs.

Specs-wise, you get a solid set of basics but nothing too flashy.

There are on-cup controls and you can plug in a cable if you forget to recharge them.

Bang & Olufsen





The Bang & Olufsen BeoPlay H4 are pretty bassy.

The trend is clearly toward more “warm” listening here. The warm quality tended to factor heavily only when listening to more bass-heavy pieces.

Due to this, I opted for a happy medium between Relaxed and Bright within the matrix app developed for use with these headphones, which quickly established itself as my go-to setting.

Thanks to the enclosed design of these headphones and other factors, the sound is quite tight, yet doesn't suffer from sounding too condensed and compressed. The stressed bass sounds wide, but never sounds booming. At higher volumes, the H4 does not draw its power from reserves, but handles all styles of music with ease.

For more information  
visit the official website

**BANG & OLUFSEN**

# THE MINIMALIST MAN

THE OFFICIAL PLAYLIST IS AVAILABLE ON

<http://fanlink.to/TheMMan>



Photo by Ricardo Teco Adame  
Location Paris

[www.theminimalistm.com](http://www.theminimalistm.com)



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Living one day at a time