

# The M Man.

Vol. 1 Issue 11  
Free edition

Living one day at a time



## Manhattan

The City

Tuxedo

MoMA



Best apps  
for Christmas



**The M Man.**

**EDITORIAL OFFICES**

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# The Minimalist Man.

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**MINDFULNESS**

Stay mindful in Christmas and New Years Eve

## The M Man.



## Editor's Note



**N**ew York City is considered by many people as the greatest city in the world.

Manhattan has so much history, museums, restaurants, Broadway shows, incredible views and beautiful architecture made this place the perfect destination for tourists from all over the world.

One of the best museums in Manhattan is The MoMA. For many considered the best museum in the city. You'll know more about the history of this iconic place.

As you may know I'm a huge funk music fan. In this edition you'll know more about one of the coolest bands in the music industry...Tuxedo.

Happy Holidays everybody!

 [mr.teco](https://www.instagram.com/mr.teco)

**Ricardo Teco Adame**  
Editor-in-chief



# MANHATTAN

Without a doubt New York City is the greatest city in the whole world.

My love story with this amazing city started when I was a kid. I remember I went to the cinema to watch 'Home Alone 2'. I had a great time that day not only because the movie is really fun, but also because I had the opportunity to see more of NYC.

In the movie you can see NYC in my favorite season...winter!

The Christmas decoration, the streets with snow & the cozy places are what I like the most about this movie.

Many years have passed, and my love for NYC is growing more and more.

Manhattan is considered one of the world's foremost commercial, financial, and cultural centres.

It is renowned for its many points of interest. Among these are Broadway, one of the world's best-known streets; the financial district of Wall Street; skyscrapers such as the Empire State Building; Greenwich Village, Harlem, and Central Park.

Though it's neither the largest or most densely populated borough, it is the center of the city both geographically and culturally. Here, you'll find iconic attractions like the Empire State Building, Statue of Liberty and Central Park, as well as some of the best restaurants in New York and all the biggest Broadway shows.





## STATUE OF LIBERTY

The Statue of Liberty was France's gift to America. Built in 1886, it remains a famous world symbol of freedom and one of the greatest American icons. It is one of the world's largest statues, standing just under 152 feet tall from the base to the torch, and weighing approximately 450,000 pounds. You can see the statue from land, with particularly good views from Battery Park, on the southern tip of Manhattan. However, to truly appreciate the Statue of Liberty, the best thing to do is to take a short boat trip to Liberty Island and see it up close. You can walk around the base, enter the pedestal, or, with advance reservations, go right up to the crown.

## CENTRAL PARK

One of my favorite spots (actually a mega spot) is Central Park. A walk, peddle, or carriage ride through the crisscrossing pathways of Central Park is a must-do on anyone's New York City itinerary.

In winter, you can even lace up your skates and glide across Wollman Rink. This huge park in the city center, a half-mile wide and 2.5 miles long, is one of the things that makes New York such a beautiful and livable city.

Besides being a great place to experience a little nature, Central Park has many attractions within its borders, and most of them are free, making it one of the few cheap things to do in NYC. Some of the most popular places to visit include the Belvedere Castle, Strawberry Fields, the Central Park Zoo, and the Lake.

## ROCKEFELLER CENTER

When it comes to New York attractions, Rockefeller Center is on almost all tourist's itineraries. This vast entertainment and shopping complex in the middle of Manhattan is home to NBC-TV and other media, but the centerpiece is the 70-story 30 Rockefeller Plaza

an Art Deco skyscraper that offers awesome views over Manhattan from the famous Top of the Rock Observation Deck.

The "deck," as it's known, includes three floors, located on the 67th, 69th, and 70th floors. Indoor and outdoor viewing spaces offer spectacular views by day or night. You can buy a Top of the Rock Observation Deck Ticket in advance. These tickets come with a flexible voucher redemption policy, so you can change the date if your plans change or the weather doesn't cooperate. Skating on the outdoor skating rink at the base of the tower is one of the most popular things to do in winter in New York City and a fun activity for families and couples. The rink is typically open from October to April. After Thanksgiving, a huge Christmas tree is erected in front of the skating rink, lighting up the complex for the holiday season. Many people visit New York in December just to see this site.

**Above**  
NYC Opera







## THE MET

The Metropolitan Museum of Art, or the Met, as it is commonly known, was founded in 1870, and is one of the most famous museums in the United States. The permanent collection of The Met contains more than two million works of art, spanning a period of 5,000 years. Although the museum has three sites, the centerpiece is The Met Fifth Avenue.

Highlights of the collection include American decorative arts, arms and armor, costumes, Egyptian art, musical instruments, photographs, and much more. Exhibitions bring some of the world's most famous works to the public. If you are serious about your visit to the Met, consider a VIP: Empty Met Tour at the Metropolitan Museum of Art, and see this incredible museum with just 25 people before it opens to the general public in the morning.

The Met Cloisters, located in Fort Tryon Park in northern Manhattan, is another extremely popular New York museum. This branch of the Metropolitan Museum of Art, housed in an outstanding structure, built around medieval cloisters, chapels, and halls, focuses on the medieval art and architecture of Europe.

**The M Man**

**Highlights of the collection include American decorative arts, arms and armor, costumes, Egyptian art, musical instruments, photographs, and much more.**







## EMPIRE STATE BUILDING

The Empire State Building is one of New York's most famous landmark buildings and key tourist attractions. The 381-meter-tall, 102-storey building was the tallest in the world until the 1 World Trade Center tower rose higher, 41 years later. Topped with a mooring mast for airships, the Empire State Building immediately became a landmark and a symbol for NYC when it opened in 1931.

The 86th Floor Observatory (1,050 feet) is the city's highest open-air observation deck, and what most people are expecting to find when they go up the Empire State Building. If it feels familiar, it's because this area has been featured in countless movies and TV shows.

## MEMORIAL MUSEUM

The World Trade Center's twin 110-story towers once dominated the Manhattan skyline but were destroyed by suicide-piloted jetliners on September 11, 2001, with a tragic loss of life. Where the two towers of the World Trade Center once stood, now stand two square reflecting pools, each one acre in size.

Known as the National September 11 Memorial, the area is a moving tribute to the almost 3,000 people killed as a result of attacks on September 11, 2001 and also the six people killed in the earlier World Trade Center bombing in February, 1993.

Surrounded by trees and grass, the pools are recessed, with water cascading over the sides and flowing into a seemingly bottomless square. These are the largest manmade waterfalls in North America. Around the pools are bronze panels with the names of all those who were killed in the

## HIGH LINE

An exciting new attraction in New York City, the High Line is a former rail line that has been transformed into an urban walking trail above the city streets. This unique linear public park has been planted with a variety of plants and trees, many of which are native species. In spring many of these come into bloom. The park is lined with glass railings in most areas, giving it a natural feel, while still offering outstanding views of the city.



Although the High Line is only about two to three stories above street level, the views of the city's architecture and the lookouts over the streets offer a whole new perspective. Along the route are art installations, benches, and near the south end is a sitting area with bleacher-style seating and a glass wall looking out onto the city. The trail is heavily used, and on weekends it can be extremely busy, but without the surrounding traffic, it's still a peaceful retreat.

### **TIMES SQUARE**

Welcome to the center of the world! Lined with huge, brilliantly lit billboards and screens, Times Square is the place to go in New York in the evening, but still exciting at any time of day. This is the location of New York's New Year's Eve Celebrations and the famous "ball drop" at midnight, when the square and surrounding streets are filled with people. Times Square is busy and perpetually crowded but has its own unique appeal. Bleachers set up at one end are a great place to take a break and appreciate the scene. Formerly Longacre Square, Times Square was named in 1904 after the New York Times tower. The newspaper first posted current headlines along its moving sign, the first of its kind in the world, in 1928.

### **BROOKLYN BRIDGE**

The Brooklyn Bridge, with its Gothic-shaped arches and suspension cables, is one of the city's most recognizable landmarks and has inspired generations of poets, songwriters, and painters. This historic bridge, spanning the East River from Manhattan to Brooklyn, was completed in 1883 and was the world's first steel suspension bridge. You can see it from many of the ferries, or the east side of Manhattan, but the best way to experience this icon is to take an hour and walk across the Brooklyn Bridge.

A wood plank walkway, only open to pedestrians and cyclists, runs above the lanes of traffic. If you are not up for walking the whole distance, at least go as far as the first pillar, where there is a viewing platform, where you can see one of the granite towers up close.

### **FIFTH AVENUE**

One of the most famous shopping streets in America, Fifth Avenue is New York's premier shopping area, where many top designers have their flagship stores. Cartier, Tiffany, Bergdorf-Goodman, the famous Apple Store Fifth Avenue, and of course Saks Fifth Avenue, as well as many others line this posh | 14 avenue. Even non-shoppers can enjoy a walk along



## GRAND CENTRAL

Grand Central Terminal, often called Grand Central Station, is a fantastic Beaux Arts building, and it's definitely worth popping in to take a look at this famous landmark. The building first opened in 1913 as a terminal for the subway and train stations. Outside, the 42nd Street colonnaded faces and the statuary on top are some of the key highlights. Inside, you can't miss the Grand Staircase, where you can stop to gaze out over the concourse. The beautifully restored ceiling here shows a celestial scene. You'll also find an extensive selection of retail shops and restaurants inside.

## ONE WORLD OBSERVATORY

At the top of the newly constructed One World Trade Center building, One World Observatory is an observation deck offering outstanding views from floors 100, 101, and 102, 1,776 feet above the city.

The elevator to the top is part of the attraction. As you ascend, the surrounding panels show New York as it transformed over the years, from a rural landscape to the metropolis you see today. This glass building, which can be seen from all over the city, is a unique structure on the Manhattan skyline, with angles that give it a very distinct appearance. If you stand near the base and look straight up, the tower appears pyramidal.

## WALL STREET

Stretching for eight city blocks from Broadway to South Street is the world famous Wall Street. This street and the surrounding area are home to some of the most important exchanges in the world, including the New York Stock Exchange, the NASDAQ, and the New York Mercantile Exchange. Also located nearby are the impressive Trinity Church and Federal Hall.

Look for the bronze statue of Charging Bull at Bowling Green, on Broadway. This is one of the most popular tourist attractions in the Financial District and a popular photo opportunity for visitors.

## RADIO CITY MUSIC HALL

Lying in the shadow of Rockefeller Center is Radio City Music Hall, a famous entertainment venue and a designated city landmark. This 1932 Art Deco theater offers musical extravaganzas and films and is the home of the dance company, The Rockettes. The building was built and financed by the Rockefellers during the 1930s and contained the largest indoor theater in the world at the time. Today, the venue frequently hosts major events, including the Grammy Awards and Tony Awards. Its prominent marquee is hard to miss as it curves around the building and stretches down the block.

**Above**  
Flatiron District



## **ST. PATRICK'S CATHEDRAL**

St. Patrick's Cathedral is one of New York's finest examples of Gothic Revival, with its massive bronze doors, white marble facade, 330-foot spires, the Great Organ, rose window, bronze baldachin, 2,400 seating capacity, and the statue of Pieta at the side of the Lady Chapel.

With millions of visitors annually, the cathedral is a major destination for believers and tourists alike. The building was erected in 1879 and has been carefully restored and maintained throughout its existence, including a \$200-million renovation that was completed in 2016.

## **BRYANT PARK**

On a summer's day, it's hard to beat a leisurely afternoon at Bryant Park. The grounds feature monuments and gardens, and "Le Carrousel," a popular carousel. A games area makes available chess boards, checkers, and backgammon boards for a small fee.

Bryant Park was a seedy area known for crime and a hangout for undesirables until 1989, when the city reclaimed it and turned it into a beautiful urban oasis. Locals have embraced this park, and today, it's a pleasure to walk through. If you don't want to play a game, it is still interesting to watch others playing. The park is located adjacent to the New York Public Library.

## **NEW YORK PUBLIC LIBRARY**

The New York Public Library's main branch was designed by architects, Carrere & Hastings, in the Beaux Arts style. The library, with its impressive rooms, is a prominent city attraction that has been featured in many movies and TV shows over the years. Although colloquially known as the main branch, the proper name is actually the Stephen A. Schwarzman building. It opened in 1911 to immediate acclaim. An enormous library, the Main Reading Room alone stretches two city blocks, and the Periodicals Room holds 10,000 current magazines.





# Tuxedo

Jake One and Mayer Hawthorne have an amazing career. Mayer Hawthorne had been steadily building a rising fanbase with his dance-pop and soul music over the course of four solo albums that each seemed to raise his profile exponentially. Jake One was the producer behind a variety of hits from pop stars like Drake, Future, The Weeknd and De La Soul.

But the Los Angeles performer and the Seattle producer had become friends and wanted to work together. And so, in preparation for some studio sessions, they exchanged mix tapes of some of their favorite music. The sounds were not only congruent but the selections also were incredibly similar, when they were not identical.



Photo Credit: Tuxedo

The musical alliance that followed became Tuxedo, crafting people have dubbed gangster-funk, g-boogie, Cali boom-bap, and assorted other nomenclature. Suffice it to say the music is pop and funk, and damned near irresistible on the dancefloor. The duo both loved some of the genre's pioneers like Chic, and Parliament, and their new tunes reflected that.

## THE BEGINNING

One and Hawthorne connected when they exchanged mixtapes. "I just remember when we exchanged those mixtapes, thinking to myself, 'Holy Shit, I can't believe there's someone else in the world who cares about these songs, these particular records,'" Hawthorne says. "I was familiar with Jake's work, but when he sent me those first couple of boogie tracks, I was like—I didn't even believe it was him. I was definitely blown away by that.

'Do It', 'Watch the Dance' and 'So Good' are some of the best tracks on their first album.

In the studio working on II, they spent much of their time battling over tempo. "Mayer always wants it really fast," Jake One says. Slow grooves are his thing, while Hawthorne's goal is simple -- "I'm trying to make people dance," he says.

The result is what Hawthorne, who favors Japanese designers Kyosuke Kunimoto's tuxes, calls "elegant funk." The genre fits them well. As the two gear up for an international tour in Europe and Asia as DJs before their U.S. summer tour as a band, Tuxedo hopped on the phone with Billboard to talk about wearing tuxes during crazy-hot performances, an unexpected encounter with Mobb Deep's Prodigy, and how Hawthorne's grandma influenced his natty style today.

The opening track, "Fux with the Tux" serves as an introduction to the stylistic choices of the duo, who only wear tuxedos to performances. The song has Hawthorne and One singing along to a more upbeat R&B vocal line and also features Snoop Dogg for a verse. The beat stays consistent through the whole song, while the bouncy bass line accompanies the melody. "Fux with the tuxedo, let's have some fun. That gangsta boogie funk, it's number one," the duo sings as they close the song with a pitched version of the bass line playing in junction with the original.



Photo Credit: Tuxedo

## THIR TIME'S THE CHARM!

Still mining the late '70s / early '80s dance floor sounds of Hubert Eaves, Leon Sylvers III and Chic with bangers like the upscale funk of opener "The Tuxedo Way," and the bubbly "You & Me," the duo still almost uncannily avoid pastiche.

Over the years, Tuxedo have expanded their sound to focus more on the dancefloor rather than the bedroom, incorporating sounds and vibes that wouldn't go amiss at a nightclub. Tuxedo III's "The Tuxedo Way" kicks off the record with a shimmering display of synths to set the tone immediately, before we slip into the bubbling champagne of "You & Me". These two songs sum up Tuxedo's sound perfectly, with the smooth execution of synths paired up with Mayer Hawthorne's soulful croons and the extension of female harmonies too.

By this point it's already difficult to dislike this record. Sure enough, the bedroom isn't ignored as the likes of "OMW", "Extra Texture" and "If U Want It" all slip into place to ensure a steamy session of intimacy can occur at any point.

The two or three minutes dedicated to each song allows the record to flow by effortlessly, leaving time to make a good impression before slipping into the next cut. While this does mean no song overstays their welcome, it does help the record as a whole become a collective unit of real nice.

Tuxedo III wraps up with "Close," a duet between Hawthorne and Gavin Turek that channels the effortless drive and analogue synths of mid-'80s Leroy Burgess productions into an irresistible summer boogie jam.

## THE BEST OF TUXEDO

The band released their greatest hits collection exclusively in Japan.

The best of tuxedo is a compilation of the best of their first three albums 'Tuxedo', 'Tuxedo II' and 'Tuxedo III'.

This special edition also included the fan favorite collaboration with the Zapp band 'Shy'.

The two groups met when they played the same festival in Japan a while back, with Zapp reportedly blowing Jake One and Mayer Hawthorne away with their stage presence and charisma – and it was at this point that the idea to collaborate was formed. Hawthorne once commented in a past interview that Tuxedo "is all about dancing and having fun", and if you could sum up this latest single in a few short words, that would probably do it justice.



Photo Credit: Tommy Ma

FOLLOW TUXEDO ON SOCIAL MEDIA



LISTEN TO 'Doin' my Best'



"Own Thang" and "Get the money" feat CeeLo Green and previously released on a special 7" for the RSD 2019 are included in this special compilation.

The biggest surprise is the new song 'Doin' my best'.

"Doin' My Best" is a song we started for the first Tuxedo album in 2011. After 5 different versions of the song we finally decided we liked the 2nd one the best, lol.

Sexy, retro and self-assured, Tuxedo has created a funk music dictionary that doesn't have a timestamp.

HO!!!!!!!



The M Man

Photo Credit: Tuxedo



**'Doin' my best'**

Available Everywhere



# MOMA

Since its inception in 1929, the Museum of Modern Art (MoMA) has continually redefined the idea of the museum in contemporary Western culture.

Originally conceived by its founders as a place for modern art to come and go (since what makes up modernism is constantly changing), MoMA only established a permanent collection in 1952, but it has become the home for some of the greatest works of avant-garde painting, sculpture, film, and multi-media art in the world.

Shaped by the founding mission to educate the public about modern art, MoMA's guiding principles were further honed by the inaugural director Alfred H. Barr, Jr., who saw the museum as a laboratory, exploring various branches of artistic production. Founded in 1929, The Museum of Modern Art (MoMA) in midtown Manhattan was the first museum devoted to the modern era. Today MoMA's rich and varied collection offers a panoramic overview of modern and contemporary art, from the innovative European painting and sculpture of the 1880s to today's film, design, and performance art.



Photo Credit: Ricardo Tecó

When the first-ever exhibition at the Museum of Modern Art in New York City opened 85 years ago, on Nov. 7, 1929, the “museum” wasn’t exactly the institution today’s visitors might expect. At the time, the city’s museum crown was indisputably in the hands of the Metropolitan Museum of Art.

When seven collectors and patrons — including Mrs. John Davison Rockefeller Jr. and Vanity Fair editor Frank Crowninshield — announced that in September they would open a Museum of Modern Art to bridge the gap, the museum was actually a few rooms in the Heckscher Building, on the corner of Fifth Avenue and 57th Street.

In 1932, the museum moved to a site on 53rd Street that, over the years, would evolve into the building MoMA inhabits today, with six floors of galleries instead of six rooms.

In 1939, MoMA settled into its permanent home on 11 West 53rd Street in a building designed by Philip Goodwin and Edward Durell Stone.

The building embodied the modernism of the museum. Although the interior was repeatedly modified over the next few decades, the exterior maintained the original look and the style became the museum’s emblem.

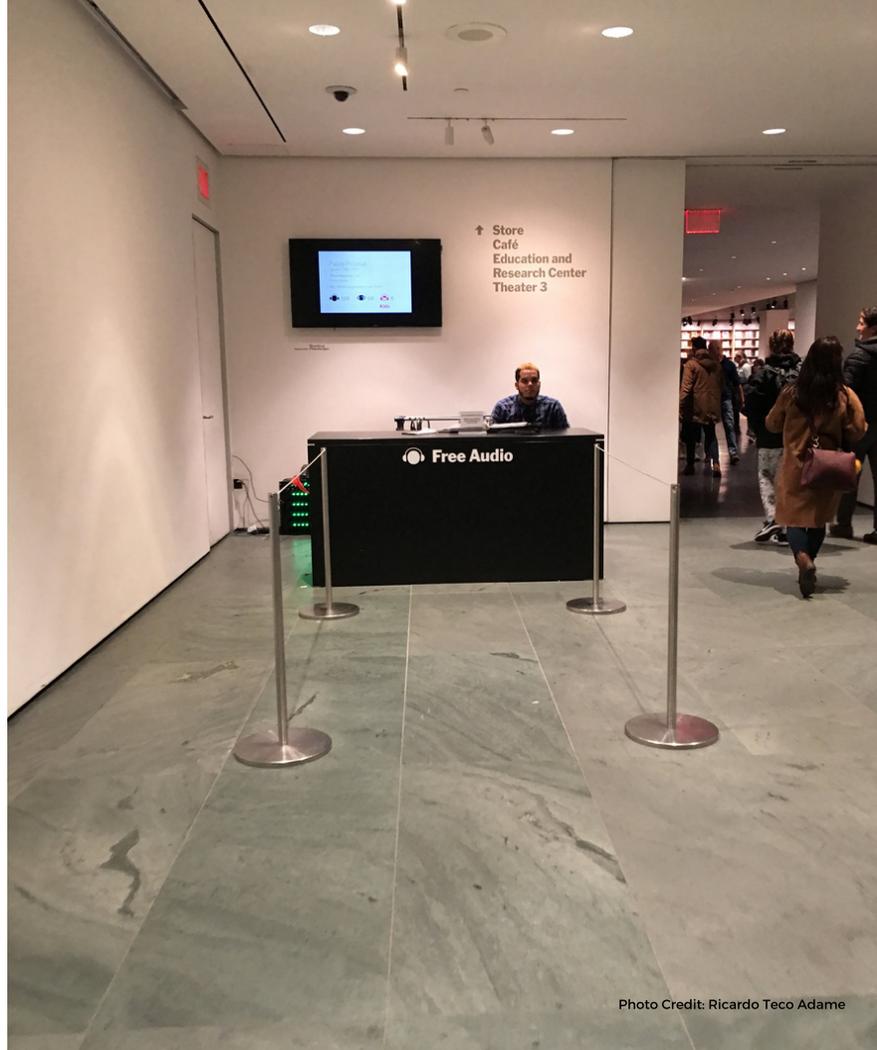


Photo Credit: Ricardo Teco Adame

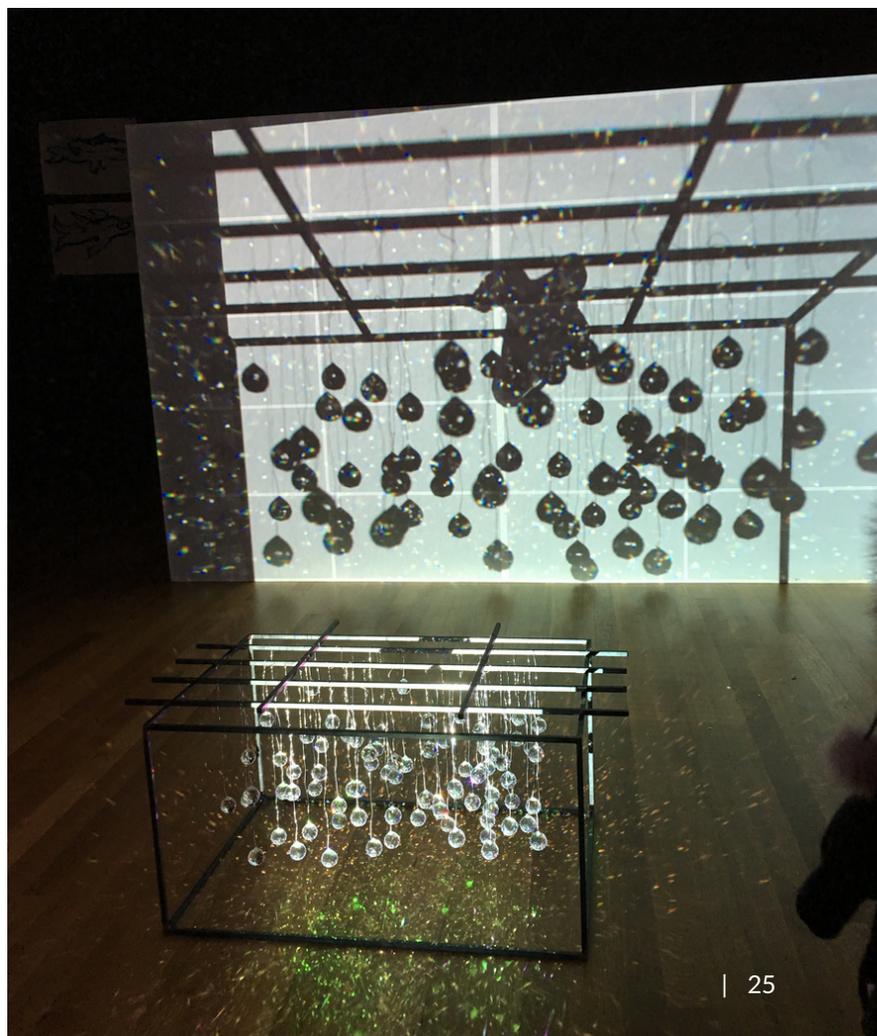




Photo Credit: Ricardo Tecu Adame



Photo Credit: Ricardo Tecco Adame

During the 1950s and 1960s, Philip Johnson, who served as Director of the Department of Architecture at MoMA, conducted numerous architectural expansions and additions, including MoMA's signature outdoor space and the Abby Aldrich Rockefeller Sculpture Garden in honor of the founder to the museum.

In 1984, the museum made its first sweeping renovation, hiring Cesar Pelli, who doubled the available area within.

The overhaul also included a new residential space called Museum Tower, which would cast a large shadow over the Sculpture Garden. Some critics lamented this change as a senseless move in contrast to the admirable trajectory of the museum, which aspired to be a pioneer with unparalleled sensibility toward art.

Just over a decade later, Pelli's building hit its limitation of scalability. In the late 1990s, MoMA purchased two properties in the same block to secure more exhibition space and appointed Yoshio Taniguchi for the next renovation.

During construction, the museum operated out of a former factory in Long Island City, from June 2002 to September 2004, naming it MoMA QNS.

In November 2004, Taniguchi's new MoMA reopened with 630,000 square-feet of space – twice the size of Pelli's building. Using minimalist style, Taniguchi radically renovated and streamlined the premises, while keeping key architectural footprints such as Goodwin and Stone's façade and the Sculpture Garden.

**In 1984, the museum made its first sweeping renovation, hiring Cesar Pelli, who doubled the available area within.**

1990

2000

Stephen Shore  
American Su



Photo Credit: Ricardo Tecco Adame

# ITEMS: IS FASHION MODERN?

America's objects of design, the ones we wear and the ones we use, are the most personal and the most intimate. They are, in a sense, our most private. They are the things that we carry with us, the things that we use to define ourselves. They are the things that we use to express ourselves, the things that we use to tell the world who we are. They are the things that we use to create our identity, the things that we use to make our lives our own.



In 2011, MoMA acquired the neighboring American Folk Art Museum building, which was designed by Williams-Tsien in 2004.

Its distinguished organic façade, which was in sharp contrast to the sleek MoMA building, reflected the works displayed inside.

The building was admired as a case of how architecture could be representative of its content. Therefore when MoMA announced plans to raze the Folk Art Museum, there was a strong backlash, particularly from the architectural community.

That fact that the new plan includes another high rise residential building, Tower Verre, designed by Ateliers Jean Nouvel, added heat to the dispute. Many saw this move as indicative that MoMA has lost its original spirit.

Regardless, it's remarkable to consider that the museum possessed nine works of art when it first opened in 1929, and houses over 150,000 pieces today with more than three million visitors per year. Such growth necessitated many changes to the museum's design, and that process is sure to continue. New renovations include an extra 40,000 square-foot of additional space for the museum and access to the sculpture garden. The additional space brings more visitors through MoMA's doors, which inevitably contributes to this building's constant metamorphosis.

Photo Credit: Ricardo Tecco Adame



**it's remarkable to consider that the museum possessed nine works of art when it first opened in 1929, and houses over 150,000 pieces today with more than three million visitors per year.**

For more info visit <https://www.moma.org>



Photo Credit: Ricardo Tecu Adame



# Mindfulness during Xmas

BY THE M MAN

During Christmas our routine can change a lot. Many people used to eat more and sleep less leaving them feeling unsettled.

Our self care shouldn't be a problem during this season, but for some people can be complicated to balance between family reunion and quality time for themselves.

That's why in this edition we wanted to make yourself aware that you still can continue

practicing mindfulness even in these crazy and cozy days.

This mindful tips will help you stay relaxed over the festive season to receive the new year with the best possible attitude.



**MINDFUL WALK**

Make an effort to get outdoors – if you can, make a trip to a forest or nature reserve, or the beach if you're able to get there. If not, even a stroll around a park is enough to clear your mind and blow away the cobwebs. Long walks are especially good for us. Adam Ford, author of *The Art of Mindful Walking*, says: "A good walk takes us beyond the horizon – several times."



**DO SOME CRAFTING**

If you find it hard to make time for creative activities in your daily life, then make time to do some crafting or painting over Christmas. Making things with your hands – whether it's sewing, drawing, knitting or even baking – is called grounding..



**KEPT TO YOUR NORMAL ROUTINE**

If you're not going to bed and getting up at the same time every day, you can end up feeling groggy. If you're staying up late and not getting enough sleep, you can end up with a 'sleep debt' which will affect your concentration during the day.



**TAKE TIME TO RECHARGE YOUR ENERGY**

Spending lots of time socialising over Christmas can be tiring – especially if you're a natural introvert. It's a good idea to find a little quiet time to be alone and recharge your batteries. A good way to regain your inner balance is to meditate or simply find a calm place to sit and think.



## **FORGET ABOUT SOCIAL MEDIA**

If the thought of even finding the decorations fills you with panic, ignore the social media show-offs. 'It causes you to focus on others more than yourself,' says pharmacist Abbas Kanani at Chemist Click. 'Constantly being reminded of others' accomplishments can have an impact on your mental wellbeing. Social media presents a distorted version of reality and what you actually see is probably far from the truth.'



## **DO SOMETHING PLEASURABLE**

At this time of year, exhaustion, stress, and unhappiness can easily dominate our lives. The things you used to enjoy now leave you "cold" — you feel as if a thick fog has put a barrier between you and simple pleasures, and few things seem rewarding any more. You can counteract this by taking baby steps towards the things that you used to like doing but have since forgotten about. Be kind to your body. Have a nice hot bath; have a nap for 30 minutes (or perhaps a little less); treat yourself to your favourite food without feeling guilty; have your favourite hot drink

# BEST APPS FOR CHRISTMAS

During this fun season you could need an extra help to celebrate and enjoy this holiday season. It's a wonderful time of year and, by far, one of the most colorful and engaging. There are no other holiday seasons where people do things like this.

## CHRISTMAS COUNTDOWN

Christmas Countdown is an app with a Christmas countdown timer. It's configurable with a bunch of little options along with several home screen backgrounds. You can make it look basically how you want. It counts down the time until Christmas and that's its main function. Its secondary function is as an advent calendar as a second way to countdown to the big day. However, it also plays Christmas music, provides ideas for Christmas gifts, and it even gifts you a holiday wallpaper that you get to keep.

## GOOGLE SANTA TRACKER

The app includes several fun little games and activities for kids. That includes Google Cardboard VR support, Android Wear support, and a countdown timer. It then follows Santa's path around the world on December 24th.



## TICK TICK

TickTick is a to-do list app. Christmas is a busy time of year. Apps like TickTick can make it easier to keep track of things. The app lets you add tasks, organize tasks into various lists, and even share tasks with other people with TickTick.

It's great for Christmas gift lists, remembering to buy the right food, and remembering to pack for that trip to the in-laws. The free version includes all of the relevant features.

## GOOGLE DUO

The 2020 Christmas season is unlike any in recent memory. The COVID-19 pandemic has a lot of places shut down and governments are strongly warning against large gatherings for the holidays. Thus, some families may need to visit their loved ones virtually instead of reality. Something like Google Duo should work out fine. Google Duo supports video chats of up to 32 people across both Android and iOS.

There is a family mode with some fun filters and all of that. It's a decent way to see everybody on Christmas without getting anyone sick.

## MINT

Christmas can be a hard time on your finances. Thus, something like Mint can help. It's a budget app to help keep track of your money. You input your income and then add in all of your monthly payments and other expenses. The app tells you how much you have left over for things like Christmas shopping or even extras like Christmas dinner.

## HEADSPACE

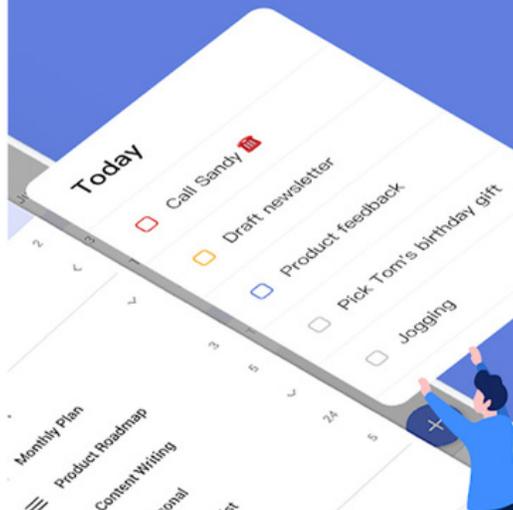
Headspace is a startup with one simple goal: Make meditation accessible to everyone. It does this through a smartphone app full of "guided meditations" — audio sessions where one of the company's co-creators leads listeners on a journey of contemplation.

Headspace's app is designed for the totally uninitiated. It expects that you've never meditated before and that you may not understand the "point" of meditation practice. Its goal is to teach you the foundational aspects of meditation in your first 10 days of using the app.

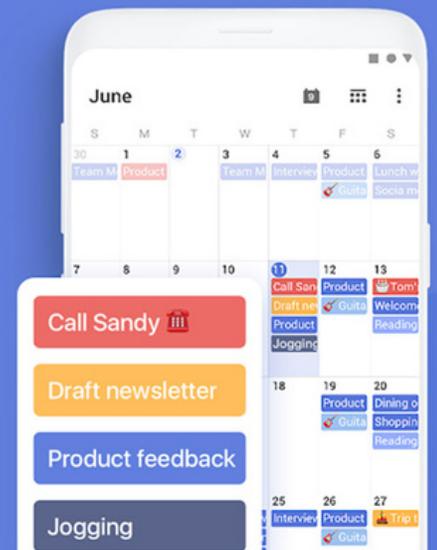
Organize everything



Plan for today



Plan ahead on calendar



# THE MINIMALIST MAN

THE OFFICIAL PLAYLIST IS AVAILABLE ON

<http://fanlink.to/TheMMan>



Photo by Ricardo Teco Adame  
Location Lower Manhattan

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



# The M Man.

Living one day at a time