

# THE MINIMALIST

## EDIT

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*A curated pause in a world  
that never stops scrolling.*

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In a culture of constant consumption and ever-scrolling feeds, we wanted to create something different. Something slower. More intentional. Something that doesn't shout for your attention but quietly offers clarity.

That something is The Minimalist Edit, a weekly newsletter designed to inspire, educate and empower you to live with more meaning, using less.

Born from the ethos behind our sunglasses brand, The Minimalist, this newsletter expands our vision far beyond fashion. Just like a good pair of frames sharpens your view, The Minimalist Edit helps bring your life into focus across style, wellness, career, relationships and everything in between.

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## WHY WE CREATED IT

We believe minimalism isn't about restriction. It's about refinement. It's not about having less for the sake of it but making space for what truly matters.

And so, in a world where your inbox is probably overflowing, The Minimalist Edit is designed to be a gentle, curated corner. A reset. A breath.

## WHO IT'S FOR

For the curious and the conscious.

For those who value quality over quantity.

For anyone who wants to live more intentionally, dress more purposefully and create more space for what matters.

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# WHAT YOU CAN EXPECT

EVERY WEEK, THE MINIMALIST EDIT DELIVERS  
THOUGHTFUL CONTENT ACROSS FOUR KEY AREAS:

## **Style, simplified**

Capsule wardrobes, timeless staples, and how to wear one piece multiple ways. Effortless style for real life.

## **Beauty & Wellness**

Streamlined routines, clean beauty and ways to feel well without the overwhelm.

## **Career & Money**

Productivity without burnout. Purpose-driven work. Finding balance in the busyness.

## **Relationships & Boundaries**

Exploring what intentional connection looks like, from dating to friendships to saying "no" with love.