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The Fremantle Corporation Ltd.

presents

## What is Nathalie's Art of Living?

Interview with Nathalie about her  
[international TV-series, distributed worldwide](#)

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### **Nathalie, what inspired you to interview the world's famous personalities?**

Throughout my life I have met many interesting personalities through my friends and family. Many of those personalities, from the field of culture, film, music, fashion or business have had extraordinary careers. I have met people who have shaped the world and made it a little more interesting with their ideas and products. It has always intrigued me to find out more about these people and that is why I began to interview them. Often, most of these people being close friends.

“Giorgio Armani”, for instance, and the “Medici family” from Italy, as well as cigar tsar “Zino Davidoff” or the “Rockefellers” have moulded an era. They all live a certain lifestyle that is worth examining.

My series, “Nathalie's Art of Living” gives the viewers the possibility of learning more about these interesting people and it allows a look into their private lives as well as career success.

### **What does Lifestyle mean to you ?**

Lifestyle does not just mean luxury for me. Lifestyle is a way of life, the art of developing your own style and enjoying life. Lifestyle can mean the freedom of shaping your day as you wish. Or having enough time for your hobbies, family and friends, or simply to travel the world in the simplest manner, to get to know different cultures and new friends. Or, of course to travel the world in a private luxury airplane. Whether you are Donald Trump, the Sultan of Brunei or the ‘king of gipsies’ in the Camargue, they all live their lives in their own very individual way. And I am interested to find out more about it. My personal definition of lifestyle is to travel the world as much as possible, to see interesting things and meet fascinating people. But the most important thing is to spend plenty of time with my family!

### **Do wealth and lifestyle belong together?**

No. I have met a lot of people who live in an original way and do so without being financially wealthy. I believe that these people are rich in their ‘joie de vivre’ and their thirst for originality and for adventure.

### **How important is it to follow trends and fashion?**

It isn't important at all! Fashion and trends change very often and give important impulses for change. They make many things progress. Fashion and trends should inspire but not dictate. I don't like when newspapers tell me what is "in" or "out". There has been a time when cow-pattern on skirts were meant to be very trendy. I thought it was horrible! I have never been a fashion-victim, I always tried to find my very personal style. I think it's sad to imitate and to join in. However, trends and fashion bring a wonderful multiplicity and are therefore important. You can learn from other people's creativity and pick out what you like and what you see as suitable for you. It would be sad if everything was the same and nothing changed.

### **Do you have role models whose example you follow?**

Many people I have met have given me ideas and have given my life new impulses. I never attempted to imitate them but always allowed myself to be motivated by their personal achievements. Whether they are a star chef like "Raymond Blanc" (Manoir aux Quat' Saisons in England) who never had any cooking-lessons in his life, my friend Prof. Ernst Fuchs (Founder of the Vienna School of Fantastic Realism) who is a fine painter, sculptor, architect, philosopher and author at the same time, or fashion-designer "Olivier Lapidus" who is undoubtedly pioneering ready-to-wear clothes for the twenty-first century by inventing highly original solutions. Hologram printing, fruit-fibre woven clothing, perfumed or acoustic dresses, solar power or communicating apparel, and more - Olivier Lapidus just keeps filing those patents. One of his most original creations is a jacket equipped with a Nokia cell phone! I was also very impressed by Germany's leading TV-journalist Margret Dünser, who unfortunately died of cancer. These are just four examples of people who inspired me.

### **Nathalie, you have interviewed over 200 of the world's most well known personalities of our time. Who impressed you the most?**

No one in particular but all of them equally. Each of my interview partner had this "factor x", something very special. I liked Zino Davidoff very much, who unfortunately died a few years ago. Although he loved a certain luxury and became rich and famous with his cigars, he always was a very modest man. I also happily mention my friends, Prince Alexander von Schaumburg-Lippe or the Counts von Bismarck. They live in castles and celebrate the most wonderful parties where their friends from all over the world can meet, but they never show off at all. They all work very hard and produce very fine products such as table-water, liquors and fine cigars. The Countess Elisabeth von Bismarck is very much involved in charity and she takes the time to breed rare and endangered species of butterflies.

Their contemporaries are also unique in their way. Like Barbara Cartland who had found her pink tinted lifestyle in the true sense of the word and has enchanted many female readers with her love-novels. Or my dear friend Antonico Reyes, the leader of the Gitano-tribe and known as 'the king of gypsies', who often spends days in the saddle and composes new melodies with his group "Los Reyes" or with his cousins "The Gipsy Kings". Most of the songs he has written have topped the global charts.

No matter if they are aristocrats, entrepreneurs artists or simply bon-vivants – they all have an interesting story to tell.

**Has your famous family name helped you to get people in front of the camera?**

A name is often a key to a door, but you must open the door yourself. My family name is mainly known in Europe but not necessarily around the world. With many of the people I wanted to interview, I had to use persuasion techniques quite independent of my background. Many personalities who have great originality or great success are very shy, for example famous fashion designer Giorgio Armani, Whitney Tower Vanderbilt, the Duke of Marlborough or soul-singer Dionne Warwick, the aunt of Whitney Huston. They are used to living in the open or on the stage, but usually do not want to make their private world public. To approach them needs subtle intuition and a sympathetic understanding. I am very proud to say that I have made many TV-portraits and shown the private dreams. I also have disclosed very intimate information about these VIP's.

**You do not just present personalities in your programme but also the most beautiful places in the world. When did you start doing this?**

Soon after my first interviews. It was obviously not just a matter of documenting the people and their hobbies but also the places where they met, relaxed or places they found particularly attractive. During my work I have collected a lot of information and addresses and then visited the places myself to get a better idea. I have portrayed international cities, the most beautiful hotels and holiday resorts, lonely islands as well as unusual events and private Society parties around the world. Very quickly, "Nathalie's Art of Living" became a colourful potpourri of the best locations around the globe, hotel & gourmet tips, art & culture, fashion & design, VIP portraits & international events. Many of my viewers let the information in my programme inspire them, too and often plan journeys to the places they saw on my programmes. The really lovely compliments are when viewers write to tell me that they have had a special experience visiting an island or visiting an art exhibition or attending an event that they new nothing about before seeing my TV-show. I have received tons of mail and people often ask me to reveal my "secret tips". May be one day I will as I am planning an internet project which will be the logical progression of my TV-Show...

**Who would you like to interview in the future?**

This list is incredibly long. It begins with unknown newcomers, street artists and painters (The "Toulouse-Lautrecs" of today) and ends with people who not only enjoy luxury with their fortune but also help the world's poor. How grey our world would be without these people from the world of literature, art, architecture, theatre, music, fashion and lifestyle. I wish to report more about these people as I think that there is still not enough coverage in the media about personalities, who have really achieved something and who have played an important role in influencing the spirit of the times with their innovative ideas.

**What motivates you, what drives you on?**

My daily motivation is my work. I am very lucky to do something which is very interesting and varied. My work widens my horizon every day as I have to read a lot about the names, places and happenings I want to describe in my TV-show.

### **Which mistakes do you forgive more easily?**

Mistakes are very important as one learns from them. But it is important that the mistakes do not harm anyone and do not inflict pain or sorrow.

### **Who are your heroes?**

Jesus was a hero who bore his burden and his pain in the most incredible way. Today, it would certainly be Mother Theresa, but unfortunately she died recently. There are also all the others who work in silence and have given a part of their lives help disabled and needy people in hospitals, private homes, war zones and slums.

### **Which characteristics do you most admire in man?**

Bravery, single-mindedness, entrepreneurial spirit and the ability to take responsibility for himself and his family.

### **And in a woman?**

The ability to combine family life and a successful career well without either of them suffering. Honesty, faithfulness and sincerity apply both to men and women.

### **What is your favourite past time?**

Sometimes it is to follow my career with complete dedication. Another time it is to laze about on my sofa and play with my children. Doing nothing bores me.

### **What is your main characteristic?**

Complete dedication to my partner. To get up again if I fall and fail and carry on with new things. Whoever wants to succeed has to get up again and continue.

### **Do you wear Haute Couture?**

Yes I do but I also wear jeans and t-Shirts. I like to eat fine fish but I also like to eat fast-food. I love having the freedom to do what I enjoy.

### **What is your “secret tip” for a fantastic week-end?**

I have had the most interesting week-ends when I simply took a train ticket or a ‘last-minute-flight’ and I did not know where I would be the following day. I then looked for a nice place and a cosy restaurant. All without planning any of it. Wonderful!!

### **What is your motto?**

Enjoy every day of your life. If you look in the past, remember the nice things. If you are planning your future, enjoy your own lifestyle because life is too short to waste time. Another motto is: No risk – no fun!