

# Ana Hickmann

eyewear

FALL WINTER 2024

An aerial photograph of a tropical beach. The top half of the image shows a wide, sandy beach with several palm trees and lounge chairs. The bottom half shows the ocean with clear, turquoise water. The text "SUN COLLECTION" is centered in the middle of the image.

SUN COLLECTION

AH3306

Ana Hickmann  
eyewear



AH3306-04D



AH3306-04E



AH3306-04F

140 58 17

METAL

AH3305

Ana Hickmann  
eyewear



AH3305-04D



AH3305-04E



AH3305-04F

140 57 17

METAL

AH3294

Ana Hickmann  
eyewear



AH3294-05A



AH3294-05B



AH3294-05C



AH3294-05D



AH3294-04A

125 62 16

METAL

AH3308

Ana Hickmann  
eyewear



AH3308-04C



AH3308-04D

140 56 17

METAL

AH3309

Ana Hickmann  
eyewear



AH3309-04C



AH3309-04D

140 55 18

METAL

AH3296

Ana Hickmann  
eyewear



AH3296-03A



AH3296-04A



AH3296-04B



AH3296-05A



AH3296-04C

145 61 15

METAL



AH9447

Ana Hickmann  
eyewear



AH9447-A01



AH9447-C01



AH9447-E21

142 54 20

ACETATE

AH9483

Ana Hickmann  
eyewear



AH9483-A01



AH9483-A02



AH9483-D01



AH9483-G21



AH9483-T01



AH9483-T02

143 52 20

ACETATE

AH9482

Ana Hickmann  
eyewear



AH9482-A01



AH9482-A02



AH9482-D01



AH9482-G21



AH9482-T01



AH9482-T02

143 53 18

ACETATE

AH9453

Ana Hickmann  
eyewear



AH9453-A01



AH9453-H01



AH9453-H02



AH9453-T01



AH9453-T02

125 72 17

ACETATE

AH3295

Ana Hickmann  
eyewear



AH3295-04B



AH3295-05A



AH3295-06A



AH3295-09A

145 62 15

METAL

AH9451

Ana Hickmann  
eyewear



AH9451-A01



AH9451-G21



AH9451-H01



AH9451-H02

130 71 18

ACETATE

AH3293

Ana Hickmann  
eyewear



AH3293-05A



AH3293-06A



AH3293-09A



AH3293-12A

148 63 18

METAL

AH3291

Ana Hickmann  
eyewear



AH3291-A01



AH3291-C01



AH3291-C02



AH3291-E01

145 53 19

METAL



AH3292

Ana Hickmann  
eyewear



AH3292-A01



AH3292-C01



AH3292-C02



AH3292-E01

145 53 20

METAL

AH9436

Ana Hickmann  
eyewear



AH9436-A01



AH9436-G21



AH9436-D01



AH9436-E01

142 54 17

ACETATE

AH3297

Ana Hickmann  
eyewear



AH3297-04A



AH3297-04B



AH3297-05A



AH3297-05B



AH3297-05C

132 80 15

METAL

AH9450

Ana Hickmann  
eyewear



AH9450-A01



AH9450-C01



AH9450-C02



AH9450-E01



AH9450-G21

145 56 19

ACETATE

AH9435

Ana Hickmann  
eyewear



AH9435-A01



AH9435-C01



AH9435-G21



AH9435-C02

145 53 21

ACETATE

AH9441

Ana Hickmann  
eyewear



AH9441-A01



AH9441-E01



AH9441-G21



AH9441-E02

142 51 23

ACETATE

AH9448

Ana Hickmann  
eyewear



AH9448-A01



AH9448-C01



AH9448-C01



AH9448-C01A



AH9448-E01



AH9448-E01A

143 55 17

ACETATE

AH9446

Ana Hickmann  
eyewear



AH9446-A01



AH9446-C01



AH9446-G21

142 53 22

ACETATE



AH9449

Ana Hickmann  
eyewear



AH9449-A01



AH9449-E01



AH9449-C01



AH9449-C02



AH9449-C03

143 56 17

ACETATE

AH9454

Ana Hickmann  
eyewear



AH9454-A01



AH9454-G21



AH9454-H01



AH9454-H02



AH9454-T01

142 53 20

ACETATE

AH9437

Ana Hickmann  
eyewear



AH9437-A01



AH9437-G21



AH9437-E01



AH9437-T01

142 53 18

ACETATE

AH9438

Ana Hickmann  
eyewear



AH9438-A01



AH9438-E01



AH9438-T01



AH9438-T02

142 53 20

ACETATE

AH9444

Ana Hickmann  
eyewear



AH9444-A01



AH9444-C01



AH9444-E01



AH9444-C02

142 54 19

ACETATE

AH9445

Ana Hickmann  
eyewear



AH9445-A01



AH9445-G21



AH9445-D01



AH9445-H01

142 53 18

ACETATE

AH9455

Ana Hickmann  
eyewear



AH9455-A01



AH9455-G21



AH9455-H01



AH9455-H02



AH9455-T01

142 53 19

ACETATE



# OPTICAL COLLECTION

to. Consistency is key to making this habit stick, which means getting up at the same time every day. Studies have also shown that people who get up early actually tend to have *higher* energy levels, and feel more in control of their day – even more reason to become a morning person. And on that note...

## POWER HOUR

Resist the temptation to check your emails or social media accounts first thing in the morning, as you run the risk of falling down an Internet rabbit hole. Instead, dedicate the first hour of your working day – when your mind is at its freshest – to establishing what your priorities are for the day ahead and making a start on them. That first hour is precious, so make the most of it.

## GETTING DRESSED

Many world leaders and CEOs swear by having a 'work uniform', i.e. returning to the same outfit (or variations thereof) day in, day out. Eliminating smaller choices such as what to wear each morning means one fewer decision to make over the course of your day, so you can save your brainpower for the important stuff. Plus, you'll save precious minutes in the morning, which can only be a good thing.

Having a consistent look is also a great way of establishing your personal brand – find out more about that in Chapter 3.

## MAKE A LIST

Despite the many wonders of modern technology, the humble list remains one of the most effective productivity power tools at your disposal. At the start of each week, make a to-do list of your key goals for the week ahead, prioritizing them in order of importance. By spending a few minutes planning your workflow upfront, you free your brain up to do the *real* work of creative thinking the rest of the time. You might also find it helps to go analogue with this – the process of committing your thoughts to paper can be incredibly clarifying, and having a written list to hand means your goals won't get lost in the jumble of draft tweets and browser tabs that tend to dominate our lives.

## QUALITY OVER QUANTITY

Working non-stop doesn't necessarily equate to getting more done, as your brain simply can't operate at peak performance for long stretches of time. Instead of trying to work marathon sessions, aim for shorter periods of focused activity interspersed with regular breaks allowing your brain to recharge. Try sched-



# AH6584G CLIP-ON

# Ana Hickmann eyewear



AH6584G-A01G



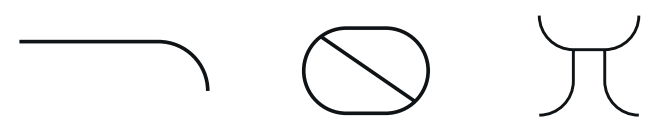
AH6584G-E01G



AH6584G-E02G



AH6584G-E03G



AH1563G CLIP-ON

Ana Hickmann  
eyewear



AH1563G-05AG



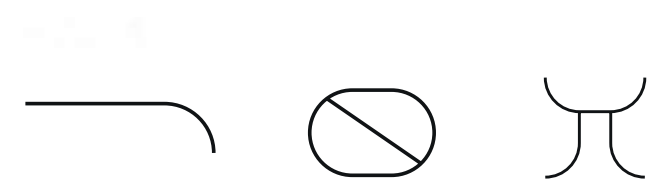
AH1563G-06AG



AH1563G-07AG



AH1563G-09AG



AH6576G CLIP-ON

Ana Hickmann  
eyewear



AH6576G-A01G



AH6576G-E01G



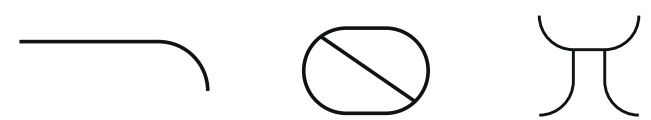
AH6576G-E02G



AH6576G-E03G



AH6576G-G21G



AH6581G CLIP-ON

Ana Hickmann  
eyewear



AH6581G-A01G



AH6581G-G21G



AH6581G-H01G



AH6581G-H02G



AH6585G CLIP-ON

Ana Hickmann  
eyewear



AH6585G-A01G



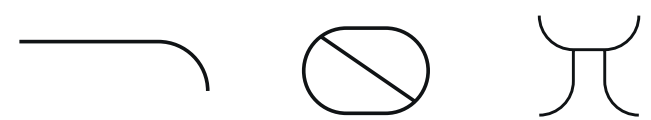
AH6585G-G21G



AH6585G-T01G



AH6585G-T02G



AH1564

Ana Hickmann  
eyewear



AH1564-01A



AH1564-01B



AH1564-06A



AH1564-09A

142 53 16

METAL

AH1565

Ana Hickmann  
eyewear



AH1565-A01



AH1565-D01



AH1565-E01



AH1565-G21

142 54 16

METAL

AH1567

Ana Hickmann  
eyewear



AH1567-A01



AH1567-E01



AH1567-H01



AH1567-T01

142 54 16

METAL



AH1568T

Ana Hickmann  
eyewear



AH1568T-01A



AH1568T-05A



AH1568T-09A



AH1568T-12A

140 54 16

TITANIUM

AH1569

Ana Hickmann  
eyewear



AH1569-A01



AH1569-A02



AH1569-C01



AH1569-E01



AH1569-G21



AH1569-G22



AH1569-T01



AH1569-T02

142 54 17

METAL

AH1561

Ana Hickmann  
eyewear



AH1561-01B



AH1561-09C



AH1561T-09B



AH1561-12C

140 55 17

METAL

AH1570T

Ana Hickmann  
eyewear



AH1570T-A01



AH1570T-C01



AH1570T-E01



AH1570T-E02

147 15 54

TITANIUM

AH1560T

Ana Hickmann  
eyewear



AH1560T-A01



AH1560T-C01



AH1560T-C02



AH1560T-G21



AH1560T-T01

140 52 18

TITANIUM

AH1562

Ana Hickmann  
eyewear



AH1562-07A



AH1562-01B



AH1562-09B



AH1562-06B

140 55 16

METAL

AH1538

Ana Hickmann  
eyewear



AH1538-05B



AH1538-06A



AH1538-09B

142 56 16

METAL

AH1571T

Ana Hickmann  
eyewear



AH1571T-01A



AH1571T-05A



AH1571T-06A

147 15 54

TITANIUM



AH1557T

Ana Hickmann  
eyewear



AH1557T-01A



AH1557T-12A



AH1557T-05A



AH1557T-09A

140 55 17

TITANIUM

AH1558T

Ana Hickmann  
eyewear



AH1558T-05A



AH1558T-05B



AH1558T-09A



AH1558T-12A

140 54 17

TITANIUM

AH1539

Ana Hickmann  
eyewear



AH1539-05B



AH1539-06A



AH1539-07B



AH1539-09B

142 55 16

METAL

AH1563G

Ana Hickmann  
eyewear



AH1563G-05A



AH1563G-06A



AH1563G-07A



AH1563G-09A

142 55 16

METAL

AH1559T

Ana Hickmann  
eyewear



AH1559T-A01



AH1559T-C01



AH1559T-C02



AH1559T-G21



AH1559T-T01

140 53 18

TITANIUM

AH1572

Ana Hickmann  
eyewear



AH1572-A01



AH1572-E01



AH1572-H01



AH1572-H02



AH1572-H03

145 57 21

METAL

AH1573

Ana Hickmann  
eyewear



AH1573-A01



AH1573-E01



AH1573-G21



AH1573-H01



AH1573-H02

145 57 20

METAL

AH6571

Ana Hickmann  
eyewear



AH6571-A01



AH6571-C01



AH6571-C02



AH6571-T01

142 55 16

ACETATE



AH6572

Ana Hickmann  
eyewear



AH6572-A01



AH6572-C01



AH6572-G21



AH6572-T01

142 54 16

ACETATE

AH6573

Ana Hickmann  
eyewear



AH6573-A01



AH6573-C01



AH6573-G21



AH6573-T01

142 53 15

ACETATE

AH6574

Ana Hickmann  
eyewear



AH6574-A01



AH6574-G21



AH6574-T01



AH6574-T02



AH6574-T03

142 52 17

ACETATE

AH6576G

Ana Hickmann  
eyewear



AH6576G-A01



AH6576G-E01



AH6576G-E02



AH6576G-E03



AH6576G-G21

142 51 16

ACETATE

AH6578

Ana Hickmann  
eyewear



AH6578-A01



AH6578-G21



AH6578-T01



AH6578-T02

140 55 15

ACETATE

AH6579

Ana Hickmann  
eyewear



AH6579-A01



AH6579-E01



AH6579-E02



AH6579-E03



AH6579-G21

142 51 18

ACETATE

AH6580

Ana Hickmann  
eyewear



AH6580-A01



AH6580-E01



AH6580-H01



AH6580-H02

143 53 16

ACETATE

AH6581G

Ana Hickmann  
eyewear



AH6581G-A01



AH6581G-G21



AH6581G-H01



AH6581G-H02

143 52 18

ACETATE



AH6584G

Ana Hickmann  
eyewear



AH6584G-A01



AH6584G-E01



AH6584G-E02



AH6584G-E03

140 53 16

ACETATE

AH6585G

Ana Hickmann  
eyewear



AH6585G-A01



AH6585G-G21



AH6585G-T01



AH6585G-T02

142 52 16

ACETATE

AH6586

Ana Hickmann  
eyewear



AH6586-A01



AH6586-C01



AH6586-C02



AH6586-E01

145 54 17

ACETATE

AH6587

Ana Hickmann  
eyewear



AH6587-A01



AH6587-G21



AH6587-H01



AH6587-T01

145 54 17

ACETATE

AH6588

Ana Hickmann  
eyewear



AH6588-A01



AH6588-G21



AH6588-H01



AH6588-H02



AH6588-T01

142 52 20

ACETATE

AH6589

Ana Hickmann  
eyewear



AH6589-A01



AH6589-G21



AH6589-H01



AH6589-H02



AH6589-T01

142 51 17

ACETATE

AH6590

Ana Hickmann  
eyewear



AH6590-A01



AH6590-E01



AH6590-H01



AH6590-H02

142 53 16

ACETATE

AH6591

Ana Hickmann  
eyewear



AH6591-A01



AH6591-G21



AH6591-H01



AH6591-H02

142 52 16

ACETATE



AH6592T

Ana Hickmann  
eyewear



AH6592T-A01



AH6592T-C01



AH6592T-G21



AH6592T-G22

143 53 17

TITANIUM

AH6593

Ana Hickmann  
eyewear



AH6593-A01



AH6593-E01



AH6593-T01



AH6593-T02

143 55 15

ACETATE

AH6594

Ana Hickmann  
eyewear



AH6594-A01



AH6594-E01



AH6594-G21



AH6594-G22

143 58 14

ACETATE

AH6612T

Ana Hickmann  
eyewear



AH6612T-A01



AH6612T-C01



AH6612T-G21



AH6612T-G22

— 143    ⊗ 53    ∩ 17

TITANIUM

AH6613T

Ana Hickmann  
eyewear



AH6613T-A01



AH6613T-D01



AH6613T-E01



AH6613T-T01

143 58 14

TITANIUM

AH6614

Ana Hickmann  
eyewear



AH6614-A01



AH6614-G21



AH6614-T01



AH6614-T02

140 53 16

ACETATE

# Ana Hickmann

eyewear

[anahickmanneyewareurope.com](http://anahickmanneyewareurope.com)