

THE FARTHEST PLACE IS WITHIN

離家，出走：帶回迷路的自己

Dealing with chronic anxiety and various physical and mental disorders, comfort-genre graphic writer Aida decided to “run away”. In this book, she shares her journey of renewal and self-examination, offering readers a combination of experience-based observations and reflective practice.

After multiple episodes of anxiety and burnout, including everything from overeating and emotional outbursts to physical collapse, comfort-genre graphic writer Aida left her familiar life behind to embark on a journey exploring inner and outer spaces. With the help of writing, diet, and yoga practice, she examined her self-awareness and grew more inquisitive. Over time, she found the connection between her body, emotions, and true self. This book, focused on reflection and healing, is the result of her journey.

Forty finely rendered graphic texts document real-life instances of mental dilemmas, emotional blackmail, and attachment anxieties. For people today, these are common problems as they cope with pressure from family, society, and self-expectations, as well as many other problems eventually reflected in their relationships. Clearly defined practices are presented in a frank narrative that exposes the vulnerability and expectations of perfectionists and shows readers how they can gradually come to terms with their inner selves.

The author found that many of the relationship problems we experience are actually our own issues projected onto others. A person's true comfort zone is not a fortress we build around us, but inside us: when we feel safe, changes in the external world are no longer so likely to be earthshaking. The best time for self-exploration is therefore when our comfort zone is no longer comfortable.



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This book is a good fit for those who feel lost or confused about life, or who want a deeper understanding of their inner world. Its message is sure to resonate with and inspire readers, giving them the courage to change.

Aida

Aida is a full-time graphic writer, author of multiple books, and a professional yoga teacher. Her experience of “running away” opened a new chapter in her life story and creative style.