

ROVING IN THE ZONE

站在原地走了很遠

This is million-copy bestselling novelist Phoebe Jan's first essay collection. With diary-like intimacy, her detailed, naked descriptions of a sensitive introvert show how she sought a place for herself in contemporary life and found a sense of belonging in simple, straightforward interactions with her sister.

In this book, author Phoebe Jan gives a starkly honest first-person account of life as a sensitive introvert, transforming her observations and experiences into a psychological map and a unique narrative. In these short essays completed while she wrote her novel, she reflects on her time in Taiwan and travels in Japan, pondering the meaning of family, individuality, and community as she shows how life flows between solitude and dependence, drifting and settling down.

The book is divided into six thematic sections in which the author interrogates and contemplates time, unpacking the subtle emotions of an introvert who has struggled to fit into the world. In the process, she revisits her life's many minor hurts, which were so often impossible to express to others. In the opening chapters, she recounts the birth of her younger sister, when she was nine. Her observations on her sibling's development also allow her to contemplate habits formed in childhood. The daily interactions between the two sisters, who developed into very different personalities, mirror the author's emotional journey as she drifted at the margins of society yet remained deeply attached to her family. Subsequent chapters explore themes of misunderstanding, solo travel, and life abroad, depicting the psychological barriers and cross-cultural encounters that people experience today. Each section offers a nuanced exploration of self-awareness, reflecting the anxieties of the modern spirit while also serving as a profound act of self-healing through writing.

In deeply insightful prose, the author crafts a detached, unsentimental narrative that simultaneously captures a sense of alienation and



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warmth. This atypical look at a woman's coming-of-age allows readers to accompany the author on a journey through memory and place that ends with the quiet contemplation of her own inner landscape, feeling as if she has roved far and wide without taking a single step.

Phoebe Jan 詹馥華

Phoebe Jan, born in 1979, is a writer, screenwriter, and director. Her most representative novel is the million-copy bestseller *Waiting for My Cup of Tea*, which she adapted and directed into a film of the same name in 2021. Her latest work is the essay collection *Roving in the Zone*, published in 2025.