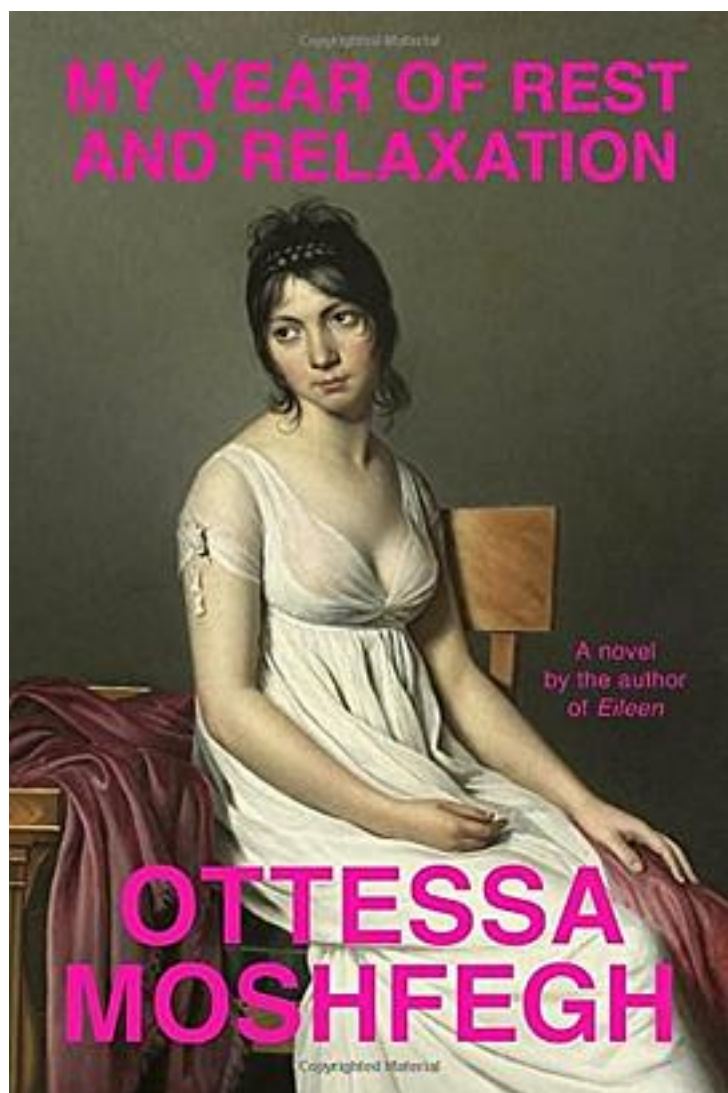


# My Year of Rest and Relaxation



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著者:Ottessa Moshfegh

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Our narrator should be happy, shouldn't she? She's young, thin, pretty, a recent Columbia graduate, works an easy job at a hip art gallery, lives in an apartment on the Upper East Side of Manhattan paid for, like the rest of her needs, by her inheritance. But there is a dark and vacuous hole in her heart, and it isn't just the loss of her parents, or the way her Wall Street boyfriend treats her, or her sadomasochistic relationship with her best friend, Reva. It's the year 2000 in a city aglitter with wealth and possibility; what could be so terribly wrong?

*My Year of Rest and Relaxation* is a powerful answer to that question. Through the story of a year spent under the influence of a truly mad combination of drugs designed to heal our heroine from her alienation from this world, Moshfegh shows us how reasonable, even necessary, alienation can be. Both tender and blackly funny, merciless and compassionate, it is a showcase for the gifts of one of our major writers working at the height of her powers.

#### 作者介绍:

Otessa Moshfegh is a fiction writer from New England. Her first book, *McGlue*, a novella, won the Fence Modern Prize in Prose and the Believer Book Award. She is also the author of the short story collection *Homesick for Another World*. Her stories have been published in *The Paris Review*, *The New Yorker*, and *Granta*, and have earned her a Pushcart Prize, an O. Henry Award, the Plimpton Discovery Prize, and a grant from the National Endowment for the Arts. *Eileen*, her first novel, was shortlisted for the National Book Critics Circle Award and the Man Booker Prize, and won the PEN/Hemingway Award for debut fiction.

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## 标签

小说

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成长

Otessa-Moshfegh

英文

## 评论

一个富有的女继承人，决定休息一年，方式是冬眠。我喜欢这个题材，富有的继承人，不工作，这都是令我激动的字眼，但是不喜欢她度过这一年的方式，闭门不出，吃大量的安眠药，尽可能长时间的处于一种无意识状态。她的成长经历中缺少爱，父母的爱，男友的爱，朋友的爱，她与这个世界没有有效的连接，她感受不到存在的意义，书中出现的高频词汇是nothing, nothingness。她的朋友，看似是她的反面，积极地健身，看如何提高生活幸福指数的自助书，努力的爱一个人并希冀着婚姻，倾尽所能做一个正常人会做的事情。但这个朋友和她，是两面一体的。二人的内里都是虚无，只是抵抗虚无的方式不一样罢了。一个积极地参与到这个世界的游戏规则中去，另一个竭力从这个世界中全身而退，消除自己的存在，包括意识。那么，自己给存在下定义，如何呢？

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家庭冷暴力的成长环境，反复无常的男友，离世的双亲，对参与社会太过积极的朋友…最精彩的是最后几十页，真正的hibernation以简单一句get rid of something作为对过往总结而开始。确实，有时候最general就是最确切，这些超出常人承受范围的凉薄与残忍只能用something来概括。全书就是描述一种在主观意愿占主导的空洞，并不是一种单纯的消极避世心理，而是在各种情绪观感慢慢退化后自己选择性与世界脱节的空洞，这是空洞也是自救。别人人眼中的浪费对于她来说只是重新洗洗底牌而已，I'm blonde pretty and young.  
这个社会的入场券对这样的人说从来不会过期。Harvard Bookstore bestseller #4

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2018第一丧书，但是即便丧到马里亚纳海沟，还有Reva和Dr.Tuttle这两个人物时不时出来调节气氛，黑色幽默与整部小说中弥漫着的荒诞感紧密结合，一步步推动着故事往前发展。女主人公要休眠一年的决心源于一种类似于存在主义的生存危机，时间正好设定在9·11发生前的一年，也很值得玩味。可惜收尾有些潦草，女主人公复苏后的“脱胎换骨”未免显得过于理所当然。不过私心来说，这书和我今年的状态太配了，从大概念到小细节都很戳中我……

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男友在机场买了此书时如获至宝，然而我还是长这么大头一次理解“书评”存在的意义。在快睡着的时候，只有看了比书本身更精彩的书评，才能不停的拍脑袋“哦哦哦，我

咋没看出来。。” zzzzzzzzz

很幽默，但是有点单薄呀，300页也不短了，但竟然觉得空空哒

黑色幽默。是怎么做到这么极端的干巴巴的呀

感觉Reva是分身吧…好几次以为要落俗套可是并没有，结尾很棒

some sort of elegant, sick, cool, hallucinatory genius. love the prose, progression of story never lulls (antsy-peaceful-occasional blackout-full hibernation), the caricature of contemporary art, the psychiatrist and the best friend character, the ending imagery haunting. sleeping/hibernation as (a mockery of) performance art.

大概是今年听的最好笑的书，作者文笔真是好,用词不过于花哨且非常point-on。有声书的narrator did an exceptional job. A great nihilistic work. Loved the premise: when you are freed from what almost everyone in the world is worrying/hustling about, what would you do & what would be your unhappiness?

夏天离职时同事送的临别礼物，断断续续到今天终于读完。

不太懂作者想表达什么，但是很喜欢她的文字。

终于读上这本书了，effortless的冷酷灼烧着周围所有妒忌之心。

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sardonism and nihilism 十分应景

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最后一页突然so sad

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面对生活各有选择，书中主人公选择的是平静地过渡（逃避），但人生总得有与其抗争的一面，需要我们直接面对它，不论是痛苦还是辛辣。

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4.5/5

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Brutal and brilliant. Moshfegh engages the reader without affecting mawkish indulgence. She doesn't shy away from, but attacks the repository of the dark, the weird, and the toxic. This is Seroquel in literary dosage, sufficient enough to plunge you into a deep, liberating slumber.

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今年的第一本就这么丧

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It stings and made me laugh audibly.

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## 书评

1. 从费城回Providence，坐火车五个小时，刚好可以读完了My Year of Rest and Relaxation:

正是2000年，不具名的女主角年轻、美丽、富有、哥大毕业，然而她决定要休眠一年。读完有一点想到Taipei：都关于alienation，都trippy而冷淡、几乎不带情绪，像是磕high了看到的世界与人...

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