

在阅读中遇见另一个自己

《岛上书店》看似讲述的是一家书店的跌宕命运，但真正的核心，是人与人之间微妙的温情与相互拯救。书中的艾丽斯、阿米莉亚、F·艾尔等每一个角色，都像是被作者悄悄放进读者心里的“种子”。读完后，我一直在回味其中的一句话：“我们不是因为完美而被爱，我们是因为不完美而被理解。”当我再次回想这些角色的故事时，我意识到，“你在我心中”，不仅是对书中人物的告白，也是我对阅读本身的告白。

主人公艾尔曾在失去妻子、失去对生活的热情后几乎陷入崩溃。他像是对命运举起白旗，却又被一个孩子、几位邻居、一些偶然的相遇慢慢托住。他的孤独、倔强、迟钝，却又渴望被理解的心，让我感到一种强烈的真实与熟悉。我曾以为自己与他完全不同，但在阅读途中，某些时刻我突然感到刺痛——原来我也曾这样渴望有人敲开我的心门。

阅读这部作品时，我的情绪经历了柔软、沉默、被治愈等不同的阶段。书店倒闭时，我感到遗憾；小女孩玛雅慢慢走出阴影时，我心里像被点亮了一盏灯；艾尔最终再次面对未来时，我又感觉到一种难以言说的释怀。故事里的每一次温柔举动，像是从纸页间伸出的手，轻轻拍在人的肩上。

这些情节引起了关于“被理解”这件事的思考。在我人生的一段低谷期，我也经历过类似的孤独：无人倾诉，内心焦虑，生活像是失去了色彩。那时，有一位朋友经常安静地陪在我身边，不多说话，但她的存在本身就是力量。读到艾尔周围那些默默守望他的人时，我忽然想起那段经历，内心涌起一种温热的怀念。

书中的主题并不宏大，却极其真实：每个人都有缺口，而我们之间的相遇，正是为了试着填补这些缺口。作品让我意识到，世界并不会因为温柔而改变，但温柔会改变世界里的某个人。阅读完这本书，某种深藏的力量静静地在心中生长，让我更愿意去理解他人、拥抱自己。

《岛上书店》让我重新相信，文字不仅能讲述故事，还能照亮灵魂。在阅读的过程中，我看见了艾尔，也看见了当时的自己，更看见了那个正在努力前行的自己。

Meeting Another Version of Myself Through Reading

The Storied Life of A.J. Fikry may seem to revolve around the ups and downs of a small bookstore, but at its core, it is a story about quiet warmth and mutual salvation. Each character—A.J., Amelia, Maya—feels like a seed the author plants gently in the reader's heart. As I reflected on the story, a line echoed in my mind: “We are not loved because we are perfect; we are loved because we are understood.” At that moment, I realized that “you are in my heart” applies not only to the characters but also to reading itself.

A.J., who loses his wife and enthusiasm for life, initially seems defeated. Yet he is slowly lifted by a child, a few neighbors, and unexpected moments of connection. His loneliness and stubbornness, combined with his desire to be

understood, felt strikingly real. I once assumed I was nothing like him, but as I read, I found myself touched by the same longing for someone to gently open the door to my heart.

My emotions shifted throughout the book: regret when the bookstore struggled, warmth as Maya healed, and relief when A.J. finally faced the future again. Each tender gesture in the story felt like a hand reaching through the pages, resting softly on my shoulder.

The book made me reflect deeply on what it means to be understood. During a difficult period of my life, I experienced a similar isolation. A quiet friend stood by me through that time, her presence a silent source of strength. Reading about A.J.'s companions reminded me of that warmth from the past.

The themes of the novel are simple yet profoundly true: everyone carries imperfections, and human connections help fill those gaps. The story taught me that while gentleness may not change the world, it can change someone's world. That awareness has quietly grown inside me since finishing the book.

The Storied Life of A.J. Fikry renewed my belief that books do more than tell stories—they illuminate the soul. Through reading, I saw A.J., I saw my past self, and I saw the version of myself still learning to walk forward.