

Героїня-оповідачка наводить приклад лекції, прослуханої на одному з летовищ, про психологію подорожі, яка вивчає людину-мандрівника, людину, що перебуває в русі, і таким чином є в опозиції до традиційної психології, яка завжди розглядала людську істоту в незмінному контексті, у стабільності й нерухомості [1]. Ця ж лекція зачіпає питання мотивації людини до подорожі. Оповідь героїні-оповідачки є калейдоскопом докладних і фрагментарних вражень, отриманих під час подорожей: іноді – це короткі історії незнайомих подорожніх, часом – досвід когось із друзів, пов'язаний із мандрями. Це можуть бути рефлексії розмови з випадковими людьми або просто уривки з підслуханих бесід. Скажімо, героїня-оповідачка описує метод проведення екскурсій прийнятною, яка змішувала правдиві факти з літературними фантазіями письменників, коли оповідала туристам про певні місця. Часом її нарація дуже докладна, іноді – досить пунктирна. Героїня-оповідачка то вдається до розлогих коментарів почутого чи побаченого, то лише побіжно фіксує те, свідком чого вона стала. Зокрема, без пояснень залишається суголосний її думкам коментар про те, що здебільшого тримається осторонь своїх земляків, яких зустрічає у подорожах.

Нарація героїні-оповідачки людиноцентрична: вона більше уваги у своїх спостереженнях приділяє мандрівникам, які трапляються на її шляху, ніж місцям, які відвідує. Для неї готелі набувають статусу мікрокосму зі своїми повторюваними ритуалами, центром якого є обертові двері.

Таким чином, роман О. Токарчук «Бігуни» пропонує самобутню філософсько-психологічну візію мандрів, подану через химерне сплетіння спостережень і вражень героїні-оповідачки. Фрагментарність нарації й калейдоскопічне розмаїття епізодів та персонажів надають роману поліфонії й багатовимірності. У фокусі уваги оповідачки – подорожні місця (готелі, летовища, потяги тощо), призначення мандрів і різниця між очікуваннями та реальністю, категорії часу і простору, осіле і номадичне життя, типажі туристів, мотивація до руху, образ сучасного мандрівника. Багато художніх ідей О. Токарчук перегукуються з рефлексіями А. де Боттона, викладеними у книзі «Мистецтво подорожі», в чому вбачаємо типологічну спорідненість у філософській картині світу обох авторів і розглядаємо як перспективу майбутніх досліджень в обраному напрямку.

ЛІТЕРАТУРА

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REIMAGINING AMERICAN LITERARY TRADITIONS: PHILIPP MEYER'S INNOVATIVE APPROACH

American literature has a rich and diverse history, spanning different periods, genres, and literary movements. It reflects the multifaceted nature of American society, its values, ideals, challenges, and achievements. The influence of American literature on world culture cannot be overstated, as it not only expands horizons of knowledge but also prompts deep reflections on the world, human destiny, and the essence of civil society.

Contemporary American literature continues to be dynamic and diverse. Renowned modern authors like Toni Morrison, Jonathan Franzen, Jennifer Egan, and younger generations of writers continue to produce works that impress with their originality and relevance. A special place in the modern literary process of the United States is occupied by the creativity of the eminent prose writer Philipp Meyer, a finalist for the Pulitzer Prize in 2014. This position was solidified for the writer due to the expansion of formal characteristics of the novel genre through the application of experimental artistic solutions.

Ph. Meyer gained worldwide acclaim through his expansive prose works «American Rust» (2009) and «The Son» (2013). Thanks to the artist's skill, the novel «American Rust» with its intricate intrigues and criminal mysteries became one of the key works of American literature, shedding light on the issues of generational conflict and the disillusionment of the American dream. The author delicately reproduces the psychology of the characters, their moral dilemmas, allowing us to understand the essence of profound changes occurring in society. The novel «The Son» also found a place in the hearts of readers and received wide critical acclaim. This epic saga tells the story of the McCullough family, whose path intertwines with the history of Texas. The work explores the concepts of fate, national identity, and values, while also reflecting significant historical events and conflicts that influenced the development of the American West. The success of these works was further bolstered by prosperous adaptations: the western series «The Son» (2017–2019; two seasons) starring Pierce Brosnan in the lead role, and the crime series «American Rust» (2021), in which the protagonist was portrayed by Jeff Daniels.

Ph. Meyer's artistic strategy is based on both a postmodern approach to organizing writing (irony and parody, collage, intertextuality, allusiveness) and an original reproduction of the traditions of American literature laid down, in particular, by W. Faulkner, E. Hemingway, J.D. Salinger, J. Steinbeck, and C. McCarthy. Ph. Meyer skillfully combines contemporary style with classical literary techniques, creating insightful portraits of contemporary American society. Elements of irony and parody add depth and complexity to his works, helping to critically assess and reveal the conflicting aspects of modern life. Additionally, the writer adeptly transforms classical themes and motifs of American literature in a new context, allowing recipients to enrich their understanding of U.S. history and culture. In this regard, it is worth emphasizing that conceptual methods for considering the models of artistic thinking in the novels «American Rust» and «The Son» with a projection on the study of the distinctive interpretation of memory discourse in his prose are still absent. Therefore, this field of research remains open for further studies aimed at analyzing the impact of Ph. Meyer's creativity on contemporary American literature and culture as a whole. The original combination of postmodern techniques and classical literary methods by Ph. Meyer has led to the emergence of artistic works that remain relevant and significant for modern American culture.

Ph. Meyer gained fame after the publishing house «Random House» acquired the rights to publish the work «American Rust» in 2008. Already in 2010, Ph. Meyer was included in the list of 20 promising writers under the age of 40, a list published every decade by the authoritative American magazine «The New Yorker» [1]. This attested to the recognition from critics. However, true success and confirmation of his reputation came in 2013 with the release of the epic novel «The Son». Critics highly praised this

work, seeing in Ph. Meyer a continuation of the great tradition of American literature [2]. Through his realistic portrayals and attention to detail, the author affirmed his reputation as a talented writer capable of creating profound and multifaceted works.

Over time, there are grounds to assert that this prose canvas, which the author worked on from 2008 to 2013, emerges as a panoramic embodiment of the process of self-assertion of Americans. To reproduce the socio-cultural realities of Texas and the American West in general, the writer focused on the detailed depiction of the life vicissitudes of the McCullough family across several temporal levels. The time span covered a century and a half, within which the fates of the main characters unfold – Eli McCullough (the progenitor of the clan), Peter McCullough (Eli's son), and Jeanne McCullough (Eli's great-granddaughter). The deliberate portrayal of the changes in eras that occur before the reader's eyes allows us to see the lives of different generations of people and their perspectives on the same events and phenomena. All protagonists are multifaceted personalities, characterized by ambiguous actions. This contributes to an objective depiction of the evolution of American society and its emergence as a nation. Ph. Meyer intricately unfolds the history and characters of the heroes to bring the recipient closer to the realities of those times and demonstrate what influenced the formation of the country.

Generational conflict is depicted through the clash of two strong personalities with different values and approaches to life. This dynamic shows how integration into another culture can lead to complex interpersonal relationships and a disconnect from one's own roots. Ph. Meyer convincingly explores a theme that helps the recipient understand the complexity of human identity and the interaction of different cultures in the modern world. In this context, it is worth emphasizing that the issue of assimilation in its various manifestations is widely represented in American literature. This includes works such as «The Last of the Mohicans» (1826) by James Fenimore Cooper (1789–1851), «My Ántonia» (1918) by Willa Cather (1873–1947), «Hunger for Memory» (1982) by Richard Rodriguez (1944), «The House on Mango Street» (1984) by Sandra Cisneros (1954), «The Joy Luck Club» (1989) by Amy Tan (1952), and «The House of the Spirits» (1993) by Isabel Allende (1942). These works contemplate the complex experience of assimilation in different ways, showing how the process of adapting to another culture can be both a reward and an existential challenge. One of the key features of this theme is the complexity of the assimilation process, which involves a change in language, habits, religion, and traditions. As a result, characters often lose their original identity. Importantly, the theme of assimilation becomes a crucial tool for studying and addressing questions of identity, self-awareness, and the preservation of cultural heritage in contemporary examples of American literature. It provides an opportunity to deepen understanding of how people adapt to new conditions, influencing their personality and their relationship to their roots.

Ph. Meyer's innovation lies in his attention to internal conflict and the psychological burden of adapting to a new culture. The writer not only portrays the external challenges of adaptation but also reproduces the complex psychological and emotional issues of his characters in their search for their own identity. This sophisticated depiction of assimilation as a personal and psychological journey departs from traditional narratives that often focus only on external obstacles and cultural conflicts.

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FEATURES OF NLP APPLICATION IN THE COMMUNICATION PROCESS

Neuro-linguistic programming (further – NLP) is a branch of practical psychology and a method of personal growth that can help you achieve unprecedented success in your career and personal life. There exists an opinion that it is just the hypnosis, zombification and the method of extracting money from gullible people. While others consider it a set of psychological techniques that allow you to influence people's thoughts and behaviour. In other words, it is about programming a person with the help of language and non-verbal signals: gestures, facial expressions, and voice tones. NLP is based on the idea of a connection between neurophysiology, language and human actions. These three components are reflected in the name of the technique.

Neuro-linguistic programming originated in the late 1960s at the University of Santa Cruz in California, USA, by Richard Bandler, a programmer and psychology student, and John Grinder, a linguist and psychology professor, who became interested in why some people can be successful in certain fields and activities while others cannot [1].

Bandler and Grinder argue that human success depends on how people think, perceive and interact with others. The basic ideas of NLP are that speech and nonverbal cues have a profound effect on human behaviour and beliefs, and that these behaviours and beliefs can be changed by changing the way we speak and use nonverbal cues.

It was stressed that NLP is a set of techniques and tools designed to improve communication and personal development. Here are some NLP techniques that can be useful in communication.

1. *Calibration*: it is the process of observing and analysing another person's verbal and non-verbal communication in order to connect with and understand their state, mood, thoughts and feelings: e.g. breathing. Breathing patterns can tell you a lot about a person. A change in breathing usually indicates a change in internal state. When you start to observe breathing patterns, pay attention to which part of the body shows the most noticeable breathing movements, i.e. whether the person is breathing through the chest or the abdomen. You can also note changes in breathing rate, depth, and evenness. If the person's breathing changes during the conversation, try to identify what thoughts/feelings are changing with it. You may find that changes in breathing patterns are almost always signals of a change in internal state. When you learn how to calibrate these changes, you will have answers to your questions before the other person even responds verbally. State calibration means that you can recognise certain states of a person by their non-verbal cues.