

WHAT I TALK ABOUT
WHEN I TALK ABOUT
RUNNING

a memoir

unabridged

HARUKI MURAKAMI

Translated by Philip Gabriel

What I Talk About When I Talk About Running

**Alexander McConnell, William Revell
Moody, Arthur Percy Fitt**



What I Talk About When I Talk About Running:

What I Talk About When I Talk About Running Haruki Murakami, 2011-10-10 Pain is inevitable suffering is optional The must read gift for every runner a compelling meditation on the power of running and a fascinating insight into the life of this internationally bestselling writer In 1982 having sold his jazz bar to devote himself to writing Murakami began running to keep fit A year later he'd completed a solo course from Athens to Marathon and now after dozens of such races he reflects upon the influence the sport has had on his life and on his writing Equal parts travelogue training log and reminiscence this revealing memoir covers his four month preparation for the 2005 New York City Marathon and settings ranging from Tokyo's Jingu Gaien gardens where he once shared the course with an Olympian to the Charles River in Boston By turns funny and sobering playful and philosophical this is a must read for fans of this masterful yet private writer as well as for the exploding population of athletes who find similar satisfaction in distance running Murakami's new book *Novelist as a Vocation* is available now There can never have been a book quite like this memoir of running and writing before In its self contained way it's nothing less than an inspiration Evening Standard Hugely enjoyable You don't have to have run a marathon to be captivated Sunday Telegraph Comical charming and philosophical an excellent memoir GQ

What I Talk About When I Talk About Running Haruki Murakami, 2013-10-10 From the best selling author of *The Wind Up Bird Chronicle* and *After Dark* a rich and revelatory memoir about writing and running and the integral impact both have made on his life In 1982 having sold his jazz bar to devote himself to writing Haruki Murakami began running to keep fit A year later he'd completed a solo course from Athens to Marathon and now after dozens of such races not to mention triathlons and a slew of critically acclaimed books he reflects upon the influence the sport has had on his life and even more important on his writing Equal parts training log travelogue and reminiscence this revealing memoir covers his four month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens where he once shared the course with an Olympian to the Charles River in Boston among young women who outpace him Through this marvellous lens of sport emerges a cornucopia of memories and insights the eureka moment when he decided to become a writer his greatest triumphs and disappointments his passion for vintage LPs and the experience after the age of fifty of seeing his race times improve and then fall back By turns funny and sobering playful and philosophical *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running [Summary of Haruki Murakami's What I Talk About When I Talk About Running](#)

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seriously I mean thirty six miles a week In other words six miles a day six days a week 3 I m not very competitive I never cared much whether I beat others or lost to them and this remained unchanged after I grew up I m more interested in whether I reach the goals that I set for myself 4 The same can be said about the novelist and the runner The only opponent you have to beat is yourself and you can only improve your time by clearing each level Once you reach your physical peak you can no longer improve your time Summary and Analysis of What I Talk About When I Talk About Running

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