

WHAT I TALK ABOUT WHEN I TALK ABOUT RUNNING

HARUKI MURAKAMI

'HUGELY ENJOYABLE... YOU DON'T HAVE TO RUN A MARATHON
TO BE CAPTIVATED' SUNDAY TELEGRAPH



What I Talk About When I Talk About Running

Haruki Murakami



What I Talk About When I Talk About Running:

What I Talk About When I Talk About Running Haruki Murakami, 2009-04 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

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Summary of Haruki Murakami's What I Talk About When I Talk About Running Everest Media,2022-06-10T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 I came to Hawaii at the end of July and have been running every day since I m aiming at increasing the distance I run so speed is less of an issue As long as I can run a certain distance that s all I care about 2 I began living in Cambridge Massachusetts at the end of May of this year and running has been the mainstay of my daily routine ever since I m seriously running now by 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 Acesprint,2021-06-07 Wh t I T lk Ab ut Wh n I Talk Ab ut Running 2009 a m m r b ut the intersection f two solitary n running nd wr t ng In this r n l w rk uth r H ruk Mur k m gives n intimate l k into h w these tw practices inform his inner world

The Spectator ,2008 **Primary Education** ,1913 **The Surveyor & Municipal & County Engineer** ,1913 Talking Book Topics ,2010 **The New Yorker** Harold Wallace Ross,William Shawn,Tina Brown,David Remnick,Katharine Sergeant Angell White,Rea Irvin,Roger Angell,2008-08 **The Believer** ,2008

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