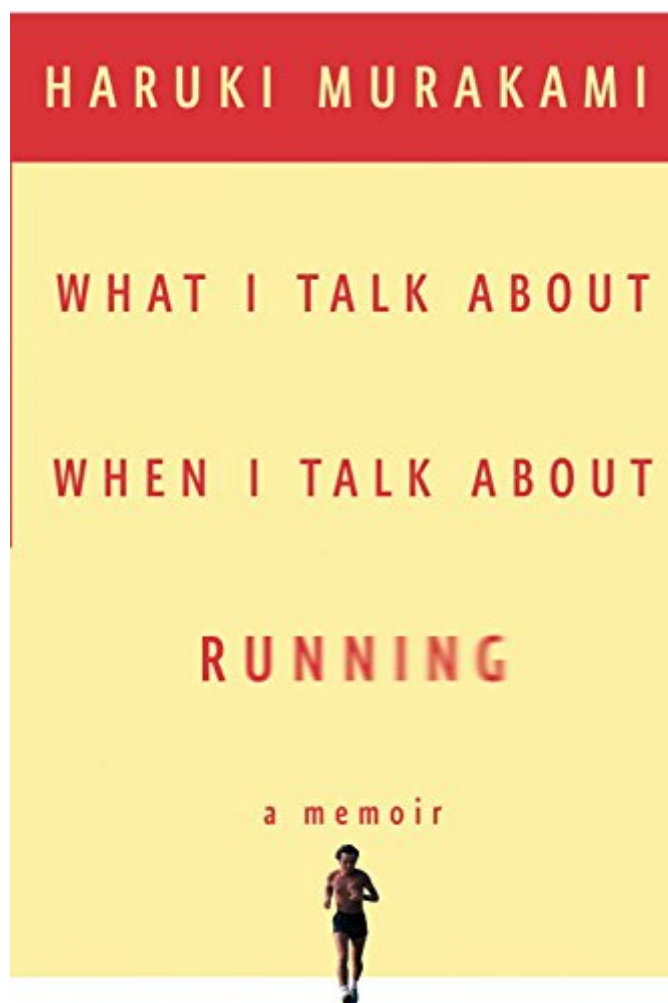


The book was found

# What I Talk About When I Talk About Running (Vintage International)



## Synopsis

An intimate look at writing, running, and the incredible way they intersect, from the incomparable, bestselling author Haruki Murakami. While simply training for New York City Marathon would be enough for most people, Haruki Murakami's decided to write about it as well. The result is a beautiful memoir about his intertwined obsessions with running and writing, full of vivid memories and insights, including the eureka moment when he decided to become a writer. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is rich and revelatory, both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in athletic pursuit. From the Trade Paperback edition.

## Book Information

File Size: 1182 KB

Print Length: 194 pages

Publisher: Vintage (July 29, 2008)

Publication Date: July 29, 2008

Language: English

ASIN: B0015DWJ8W

Text-to-Speech: Not enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #67,685 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #42 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Running & Jogging #44 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #142 in Kindle Store > Kindle eBooks > Biographies & Memoirs > Sports & Outdoor

## Customer Reviews

Murakami, 58, authored 15+ novels, many highly acclaimed. He has received many literary awards and honorary doctorates. I have read and thoroughly enjoyed most of his best selling works (including my favorites: *Kafka on the Shore*, *Norwegian Wood* and *A Wild Sheep Chase*). In reading this book, I had come to learn that Murakami had completed 25+ marathons, 1 ultra marathon (60+miles) and 5+ triathlons - this is a truly extraordinary accomplishment. Murakami is humble,

candid and straightforward exposing his mistakes, flaws and shortcomings - - one passage: "But this wretched story of feeling I had as I stood in front of the mirror at sixteen, listing all of my physical shortcomings, is still sort of touchstone for me even now. The sad spreadsheet of my life reveals how my debts outweigh my assets." You get into his mind and his incredible determination to complete marathons and triathlons - feeling the sun baking his skin and the water filling his lungs - yet he keeps his feet and arms moving despite his mind and body telling him to stop. You also learn about the impact that advancing middle age has on his performance times and that they are no longer improving despite a rigorous training regimen - "even if, seen from the outside, or from some higher vantage point, this sort of life looks pointless or futile, or even extremely efficient, it doesn't bother me. Maybe it's a pointless act like as I've said before, pouring water into an old pan that has a hole in the bottom, but at least the effort you put into it remains. Whether it's good for anything or not, cool or totally uncool, in the final analysis what's most important is what you can't see but can feel in your heart.

I have not read any of Murakami's novels (this may change soon), but in his short stories he often employs subtle nostalgia for his characters' pasts. Often this nostalgia blurs the line with philosophy, and after reading *What I Talk About When I Talk About Running*, it became apparent why Murakami enjoys crafting his fiction this way: his style of writing mirrors his perspective on life. After traveling the world, training for and participating in marathons and triathlons, Murakami wants to share his runner's experiences and how they have molded him and his perspective on life. He presents us with a thought-provoking and entertaining narrative (some of it culled from journal entries and old magazines articles he wrote years ago, but most of it original stuff). The book is 1/3 travelogue, 1/3 self-help, and 1/3 runners guide. We read about the running environments and typical weather patterns where Murakami has trained: New York, Boston, Japan, Greece. We read about the mental discipline and courage it takes to be a long-distance runner. But, most of all, subtly emerging on each page, we read about Murakami the philosopher. His favorite topic is the merciless and stubborn passage of time and its effects on the body and mind. He writes candidly about his thoughts on training as he grows older (Murakami was in his late 50s when he wrote much of the book). He writes about what he thinks about as he runs (usually nothing); he writes about discipline. To paraphrase one of Murakami's favorite quotes (I forget the source): "...pain is inevitable; suffering is optional." Murakami tells us that he was neither a natural novelist nor runner. He has had to work hard at both, but both are things which require a steady effort, skills with which Murakami prides himself.

[Download to continue reading...](#)

What I Talk About When I Talk About Running (Vintage International) Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) Running: Distance Running: Improve Your Long Distance Running Step By Step RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Conversation: The Gentle Art Of Hearing & Being Heard - HowTo "Small Talk", How To Connect, How To Talk To Anyone (Conversation skills, Conversation starters, Small talk, Communication) Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Running for Health and Happiness: The Beginner's Guide to Faster, Pain-Free Running Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Significant Changes to the International Plumbing Code, International Mechanical Code and International Fuel Gas Code, 2012 Edition International Law and International Relations (International Relations for the 21st Century) VINTAGE CHRISTMAS TRADITIONS: Christmas Cards, Customs, Carols, Legends, Poems, Recipes, Advertisements (Vintage Memories) VINTAGE VALENTINES: Valentine's Day Cards, Customs, Legends & Poetry (Vintage Memories) The Official Vintage Guitar Price Guide 2014 (Official Vintage Guitar Magazine Price Guide) VINTAGE AUTOMOBILE ADVERTISING 5: 1957-1959: OVER 420 FULL SIZE VINTAGE AUTOMOBILE ADS FROM MAGAZINES AND NEWSPAPERS - LARGE ONE-AD-PER-PAGE FORMAT VINTAGE AUTOMOBILE ADVERTISING 3: 1953-1954: OVER 330 FULL SIZE VINTAGE AUTOMOBILE ADS FROM MAGAZINES AND NEWSPAPERS - LARGE ONE-AD-PER-PAGE FORMAT VINTAGE AUTOMOBILE ADVERTISING 7: 1970-1972: OVER 420 FULL SIZE VINTAGE AUTOMOBILE ADS FROM MAGAZINES AND NEWSPAPERS - LARGE ONE-AD-PER-PAGE FORMAT VINTAGE AUTOMOBILE ADVERTISING 4: 1955-1956: OVER 375 FULL SIZE VINTAGE AUTOMOBILE ADS FROM MAGAZINES AND NEWSPAPERS - LARGE ONE-AD-PER-PAGE FORMAT Afghans: Vintage Afghans To Crochet (Vintage Crochet Favorites Book 1)

[Dmca](#)