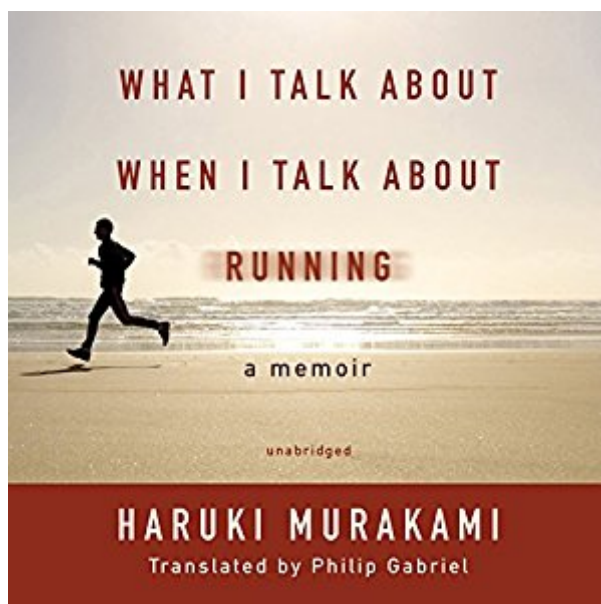


The book was found

# What I Talk About When I Talk About Running: A Memoir



## Synopsis

From the bestselling author of *The Wind-Up Bird Chronicle* and *Kafka on the Shore*, this is a rich and revelatory memoir about writing and running and the integral impact both have made on his life.

--This text refers to the Paperback edition.

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 25 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blackstone Audio, Inc.

Audible.com Release Date: July 29, 2008

Language: English

ASIN: B001DEWH9E

Best Sellers Rank: #18 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #23 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #48 in Books > Sports & Outdoors > Individual Sports

## 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: A Memoir* (Vintage International) *What I Talk about When I Talk about Running: A Memoir* *What I Talk About When I Talk About Running* *Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations* *Chi Running: A Training Program for Effortless, Injury-Free Running* *Running for Beginners: Teach Me Everything I Need to Know About Running in 30 Minutes* *Running for Beginners: Get a Glimpse inside the Runner's World: Your Training Plan on How to Start Running* *Injury Free Running Man: A Memoir* *Running with Scissors: A Memoir* *The Hip Hop Wars: What We Talk About When We Talk About Hip Hop--and Why It Matters* *How to Talk So Kids Will Listen & Listen So Kids Will Talk* *How to Talk So Teens Will Listen and Listen So Teens Will Talk* *Sex*

Positions & Dirty Talk Examples: Two Books in One: The Best Sex Positions Ever, How to Talk Dirty, and Kama Sutra Small Talk Hacks: The People and Communication Skills You Need to Talk to Anyone & Be Instantly Likeable Chatter: Small Talk, Charisma, and How to Talk to Anyone, The People Skills & Communication Skills You Need to Win Friends and Get Jobs 200 Dirty Talk Examples: How to Dirty Talk Your Way to the Most Graphic, Mind-Blowing Sex of Your Life How to Talk Dirty : Dirty Talk Examples, Secrets for Women and Men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: Great Sex Book, Series 1 Effortless Small Talk: Learn How to Talk to Anyone, Anytime, Anywhere...Even If You're Painfully Shy How to Deliver a Great TED Talk: Presentation Secrets of the World's Best Speakers (How to Give a TED Talk Book 1) Can't We Talk about Something More Pleasant?: A Memoir

[Dmca](#)