



## **What I Talk About When I Talk About Running**

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# What I Talk About When I Talk About Running

Haruki Murakami

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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, not to mention triathlons and a dozen 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 takes us to places 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 marvelous lens of sport emerges a panorama 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 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 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 running.

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179 pages

Review

`It's quirky and wise' -- *Evening Standard*

`wonderfully written account' -- *The Daily Mail Christmas Books*

'...In its self-contained way, it's nothing less than an inspiration' -- *Evening Standard, Book of the Week, David Sexton*

`Likeable and often rewarding'

-- *The Spectator*

`The closest thing to a memoir that Haruki Murakami will ever write' -- *Sunday Herald, Stephan Phelan*

`[Murakami] says no-one can warm to a character like his, but ... we keep pace and pay rapt attention.'

-- *The Times, Iain Finlayson*

`comical, charming and philosophical...excellent memoir' -- *GQ*

`takes in views of all literature, sport and the uphill journey of ageing, all with a modest fluency' -- *The Independent, Boyd Tonkin*

`there's a wandering, digressive, free-form quality to the writing - like improvised jazz...and you finish the book charmed...'

-- *The Observer, Jason Cowley*

the reward is an utterly unique read

-- *Kudos From the Inside Flap*

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By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* 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.

There can never have been a book quite like this memoir of running and writing, taken together, before. In its self-contained way, it's nothing less than an inspiration - *Evening Standard*

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