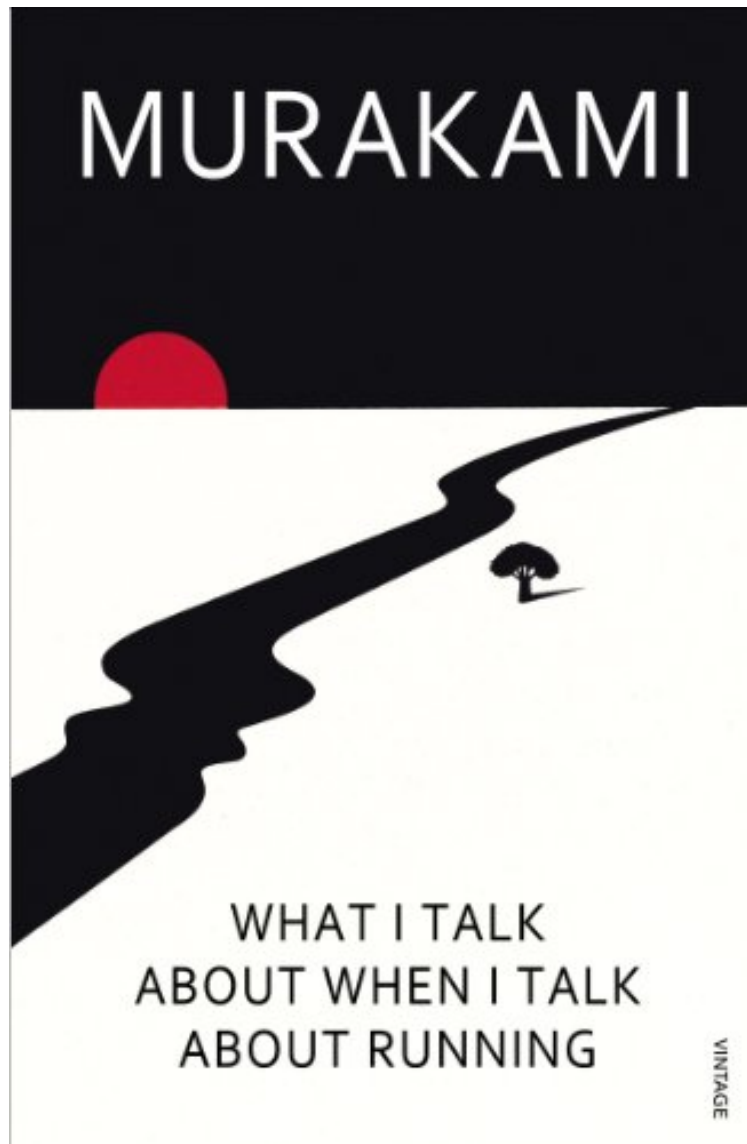


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What I Talk About When I Talk About Running

Von Haruki Murakami
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Von Haruki Murakami : What I Talk About When I Talk About Running before purchasing it in order to gage whether or not it would be worth my time, and all praised What I Talk About When I Talk About Running:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Eine Biographie des LaufensVon SakuraIn diesem autobiographischen Bchlein schreibt der japanische Autor Murakami ber sein Hobby des Langstreckenlaufs und verknüpft es mit seiner Karriere als Autor. Wenn Bcher schreiben und Laufen brauchen beide eine Regelmigkeit und Ausdauer um erfolgreich zu sein. Er beschreibt seine Hhen und Tiefen als

Lufer, ber seine ersten Lauferfahrungen, seinen Ultramarathon bis hin zum Wunsch auch Triathlons zu Laufen. Besonders geht er auf sein Training zum New York Marathon in 2005 ein, wie sich sein Lauferlebnis mit dem Alter verndert. Ich fand das Buch auch als absoluter Nicht-Lufer interessant und schn zu lesen. Murakami hat auch persnlich einen hnlichen Stil wie in seinen Bchern: persnlich, direkt, leicht esoterisch und alltagsbezogen. Murakami hat keine trockene Anleitung zum Laufen verfasst, vielmehr beschreibt er was ihn motiviert und antreibt, wie er Luft und was fr ihn am besten funktioniert. Er philosophiert auch durchaus recht viel ber die Einsamkeit des Laufens, die Bedeutung fr sein Leben und noch viele andere Randthemen, die ihm so in den Sinn kommen. Ich fand es gut Murakami auch etwas auf einer menschlichen Ebene kennen zu lernen ohne gleich eine komplette Biographie von Anfang bis Ende lesen zu mssen (was es zugegebenerweise von Murakami gar nicht gibt). Auch wenn ich selbst nicht Laufe und auch nicht wirklich Interesse an dem Sport habe, so fand ich das Buch trotzdem interessant zu lesen, weil einen Murakamis Begeisterung durchaus mit nimmt und ich ihn auch ohne fachliche Ebene dennoch persnlich verstehen konnte. Ich vermute fr Lufer ist das Buch noch mal interessanter, weil sie sich gegebenenfalls in Murakamis Erfahrungen und Schilderungen auch selbst wiederfinden knnen. 2 von 2 Kunden fanden die folgende Rezension hilfreich. Very nice reading Von Alexandersimeonov I really enjoyed this book. I am a runner and I have read couple of Murakami's novels before, so I got really curious about this book. But while I was reading it I realized that it might be interesting also for non-runners and for people that are not familiar with the work of the author. Through the prism of the long distance running, Murakami poses some questions that are valid for everyone of us and shares his viewpoint in a very humble, kind and not intruding manner. Finishing the book left me with a warm feeling in my heart. 4 von 4 Kunden fanden die folgende Rezension hilfreich. Murakami in his own words Von Dr. Bojan Tunguz For almost three decades Haruki Murakami has been providing his fans with a steady diet of quirky, imaginative and poignantly intimate novels and short stories. And yet, Murakami himself has written very little about himself, and has tried to keep his own life extremely private. So it is very enjoyable to finally get a glimpse of this author in his own words. Granted, over the years he had woven many elements from his own life into his stories, but it was never too easy to separate facts from fiction. In this book he has finally decided to talk clearly and forthrightly about some aspects of his writing career, but particularly about his passion for running. It turns out that he had picked up running at about the same time when he decided to become a novelist. He needed a physical activity that would compensate for his sudden switch to a more sedentary profession. Over the years, however, running had become a passion in its own right, but not quite an obsession. All the aspiring writers will find his analogies between long-distance running and writing, and novel writing in particular, very revealing and informative. According to Murakami, three indispensable things that any writer needs (in this order) are: talent, focus and endurance. Unsurprisingly talent is the most important of the three, but other two are required as well if one wants to become successful at writing. It is probably no coincidence that these three personal qualities are crucially important for long-distance running. The impression one gets from reading this book is that for Murakami running and writing reinforce each other. Even if you don't care about either writing or running in its own right, this book offers many interesting stories and reflection. On a very basic level this is a book about life, and how one particular individual managed to find his place in the world. In Murakami's case, we see a kind of life that many of us would be happy to trade our own lives for: living in some of the World's most desirable places (Cambridge, New York, Hawai'i, Tokyo, Greece), doing what you really enjoy doing without any external constraints, being able to indulge in your favorite recreational activity to the fullest. The book manages to elicit a certain level of envy, although I am sure that was not what Murakami intended to convey when he decided to write it. In fact, we get a sense of a person who bears his own success and fame with a remarkable poise and even humility. Murakami may claim that he is not very good at interpersonal skills, but to me at least this book confirms that I would enjoy meeting Murakami the person as much as I enjoy reading his books. An autobiography that achieves this is definitely worth reading.

Kurzbeschreibung 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. From Publishers Weekly Murakami's latest is a nonfiction work mostly concerned with his thoughts on the long-distance running he has engaged in for much of his adult life. Through a mix of adapted diary entries, old essays, reminiscences and life advice, Murakami crafts a charming little volume notable for its good-natured and intimate tone. While the subject matter is radically different from the fabulous and surreal fiction that Murakami (*The Wind-Up Bird Chronicle*) most often produces, longtime readers will recognize the source of the isolated, journeying

protagonists of the author's novels in the formative running experiences recounted. Murakami's insistence on focusing almost exclusively on running can grow somewhat tedious over the course of the book, but discrete, absorbing episodes, such as a will-breaking 62-mile ultramarathon and a solo re-creation of the historic first marathon in Greece serve as dynamic and well-rendered highlights. Murakami offers precious little insight into much of his life as a writer, but what he does provide should be of value to those trying to understand the author's long and fruitful career. An early section recounting Murakami's transition from nightclub owner to novelist offers a particularly vivid picture of an artist soaring into flight for the first time. (Aug.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Pressestimmen A fitting and hugely enjoyable memoir. Daily Telegraph This charming little book is a winner from start to finish. The Independent on Sunday