

TÔI NÓI GÌ KHI TÔI NÓI VỀ CHẠY BỘ

Liệu có gì chung giữa viết văn và chạy bộ? Có, Haruki Murakami trả lời, giản dị, tự tin, bằng hành động viết và bằng cuộc sống của chính mình. Nhà văn Nhật Bản nổi...



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Tôi nói gì khi tôi nói về chạy bộ

Author	Haruki Murakami
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Peek Inside the Book

Pain is inevitable. Suffering is optional. Say you're running and you think, Man, this hurts, I can't take it anymore. The hurt part is an unavoidable reality, but whether or not you can stand anymore is up to the runner himself. Haruki Murakami, What I Talk About When I Talk About Running

Im the kind of person who likes to be by himself. To put a finer point on it, Im the type of person who doesn't find it painful to be alone. I find spending an hour or two every day running alone,...

Reader's Opinions

This is, I think, the second book I've read about distance running. I am wondering what my fascination with that is, although truly, I've read both because they came up on various lists. I, myself, am a walker. I love to go for long walks in the morning. Running does not as much appeal. Note: The rest of this review has been withdrawn...

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