

Contents

Title Page

Foreword: Suffering Is Optional

ne: Who's Going to Laugh at Mick Jagger?

wo: Tips on Becoming a Running Novelist

hree: Athens in Midsummer—Running 26.2 Miles for the First Time

our: Most of What I Know About Writing Fiction I Learned by Running Every Day

ive: Even If I Had a Long Ponytail Back Then

ix: Nobody Pounded the Table Anymore, Nobody Threw Their Cups

even: Autumn in New York

ight: 18 Til I Die

ine: At Least He Never Walked

Afterword: On Roads All Round the World

Also by Haruki Murakami

Copyright