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Dean Karnazes (English: /k ʔ ʔ r ʔ n ʔ ʔ z ʔ s / car-NEH-zis; born Constantine Karnazes; August 23, 1962), is an American ultramarathon runner, and author of Ultramarathon Man: Confessions of an All-Night Runner, which details ultra endurance running for the general public.

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Haruki Murakami (?? ??, Murakami Haruki, born January 12, 1949) is a Japanese writer. His books and stories have been bestsellers in Japan as well as internationally, with his work being translated into 50 languages and selling millions of copies outside his native country. His work has received numerous awards, including the World Fantasy Award, the Frank O'Connor International Short ...

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Disclaimer: This post contains affiliate links. I'm not going to lie--What I Talk About When I Talk About Running by Haruki Murakami has been sitting on my nightstand on my TBR (to-be-read) pile for a few years now.There used to be a book exchange at CrossFit, this book was in the pile there, and since I'd never read this so-called classic running book, I brought it home, and there it sat.

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