



Text

Invite your students to research and read the books by Akira Murakami.

Haruki Murakami: “The repetition itself becomes the important thing.”

In a 2004 interview, Murakami discussed his physical and mental habits...

When I'm in writing mode for a novel, I get up at four a.m. and work for five to six hours. In the afternoon, I run for ten kilometers or swim for fifteen hundred meters (or do both), then I read a bit and listen to some music. I go to bed at nine p.m.

I keep to this routine every day without variation. The repetition itself becomes the important thing; it's a form of mesmerism. I mesmerize myself to reach a deeper state of mind.

But to hold to such repetition for so long — six months to a year — requires a good amount of mental and physical strength. In that sense, writing a long novel is like survival training. Physical strength is as necessary as artistic sensitivity.

(Extracted from <http://jamesclear.com/daily-routines-writers>)