

Covering the final 33 years of
his illustrious and controversial
career—in his own words

The *Completed* Autobiography by Benjamin Franklin



Compiled and edited by
Mark Skousen, Ph.D.

5	Write, wash, and
6	Be careful of your
7	Days, Business, and
8	Amusement of the Day.
9	Work.
10	Read, or overlook my Account,
11	and dine.
12	Work.
1	Put things in their Places, Supper,
2	Musick, or Diversion, or Con-
3	versation.
4	Examination of the Day.
5	Sleep.
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The Completed Autobiography

Mark Twain



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 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram
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 glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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