

CD1

1	I was born in the year 1632	(6:28)
2	I go to sea	(10:21)
3	My ill fate pushes me on	(7:39)
4	I was now landed safe on shore	(8:43)
5	I explore the island	(3:45)
6	I had now been thirteen days on shore	(4:53)
7	I consider my condition	(5:37)
8	The Journal	(11:44)
9	Religious reflection begins	(5:41)
10	More thoughts	(6:00)

Total time on CD 1: 70:57**CD 2**

1	I had now been in this unhappy isle above	(4:17)
2	10 months	
3	Further exploration of the island	(5:44)
4	I finished my fourth year in this place...	(10:27)
5	The print of a man's naked foot!	(5:57)
6	Signs of cannibals	(5:05)
7	The rights of cannibals?	(6:31)
8	Contentment on the island	(10:17)
9	The cannibals return, with captives	(8:00)
10	A comely handsome fellow	(3:55)
11	I dress my man Friday	(5:48)
	Friday learns English	(5:52)

Total time on CD 2: 71:58**CD3**

1	The canoes arrive again	(6:03)
2	A surprise through the perspective glass	(7:37)
3	More surprise visitors	(5:55)
4	I fit myself up for battle	(3:16)
5	The captain explains his situation	(5:18)
6	I tell him my story	(6:25)
7	I devise my stratagem	(5:18)
8	We win on land	(6:59)
9	'My dear friend, the ship is all yours'	(8:08)
10	I take leave of the island	(4:38)

Total time on CD 3: 59:42
Total time on CDs 1-3: 3:22:37