



# **Ben & Me: From Temperance to Humility-- Stumbling Through Ben Franklin's Thirteen Virtues, One Unvirtuous Day at a Time**

*Cameron Gunn*

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**Thirteen weeks. Thirteen virtues.**

Cameron Gunn considered himself a regular guy—a pretty good husband, father, attorney, and friend.

But was there room for improvement?

A reader of history and a fan of Ben Franklin (and weary of self-help advice that never seems to offer much help), Gunn decided to try a little experiment. He would attempt to live by Franklin's thirteen virtues, a list of lofty ideals the Founding Father held dear, as enumerated in his famous autobiography.

Would Gunn's plan to improve his life, Citizen Ben-style, prove to be a brilliant reinvention of the self-help movement or a boondoggle of revolutionary proportions?

By turns heartfelt, hilarious, and more than a little humbling, Gunn's adventure takes this ordinary man way outside his comfort zone and into a thicket of not-so-modern values. The result is an engaging mix of humor and history—with perhaps a lightning bolt of inspiration or two along the way.

Prepare to get up close and personal with everyone's favorite Founding Father.

Temperance \* Silence \* Order \* Resolution \* Frugality \* Industry \* Sincerity \* Justice \* Moderation \*  
Cleanliness \* Tranquility \* Chastity \* Humility

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