

0:00 - "Animal Noises"¹
0:03 - "John Intro"²
0:08 - Sgt. Pepper's Lonely Hearts Club Band (*Sgt. Pepper's Lonely Hearts Club Band*)
2:09 - I Feel Fine (Take 7)
2:24 - I Feel Fine (Take 9)
2:25 - I Feel Fine (*Past Masters I*)
4:39 - Hey Bulldog (Take 10 w. SFX)
4:48 - Hey Bulldog [Mono] (*Mono Masters*)
7:56 - Dig A Pony (*Let It Be*)
11:40 - Applause SFX³
11:48 - That Means A Lot (Take 3 Rehearsal)
12:13 - That Means A Lot (Take 23)
12:35 - That Means A Lot (Take 24)⁴
14:21 - It's All Too Much (*Yellow Submarine*)
20:37 - First Radio Interview⁵
21:51 - Love Me Do⁶
24:12 - All I Got To Do (*With The Beatles*)
26:11 - "We Must Not Forget The General Election"⁷
26:37 - Taxman (*Revolver*)
29:11 - Press Conference in LA⁸
31:11 - The Ballad Of John And Yoko (*Past Masters II*)
34:07 - Press Conference in LA⁸
35:13 - Run For Your Life (Take 5)
35:17 - Norwegian Wood (This Bird Has Flown) (*Rubber Soul*)
37:18 - Kenny, Ringo, and John⁹
38:09 - Lucy In The Sky With Diamonds (*Sgt. Pepper's Lonely Hearts Club Band*)
41:35 - You Never Give Me Your Money (*Abbey Road*)
45:33 - Gnuk Nus (*Love*)
46:27 - Martha My Dear (*The White Album*)
48:48 - Strawberry Fields Forever (Remix 26, from Take 25)
51:06 - Strawberry Fields Forever (Remix 25, from Takes 15 and 24)
52:10 - Rain (Reversed Tape)
52:39 - Rain (*Past Masters II*)
55:32 - Studio Jabber¹⁰
56:27 - Cry Baby Cry (*The White Album*)
59:26 - All You Need Is Love (Warm-Up Sounds)
59:28 - All You Need Is Love (Rehearsals During Recording Session)
59:54 - All You Need Is Love¹¹
1:02:20 - All You Need Is Love (*Magical Mystery Tour*)
1:05:37 - All You Need Is Love¹²
1:05:59 - "The Mic's Not On!"¹³
1:07:17 - Sgt. Pepper's Lonely Hearts Club Band (Reprise) [Mono] (*Sgt. Pepper's Lonely Hearts Club Band*)

1:08:36 - A Day In The Life [Mono] (*Sgt. Pepper's Lonely Hearts Club Band*)
1:08:49 - A Day In The Life (*Love*)
1:13:44 - Whistle/Loops¹⁴
1:13:55 - Tomorrow Never Knows¹⁵
1:14:03 - Tomorrow Never Knows (Take 1)
1:14:08 - Tomorrow Never Knows (*Revolver*)
1:17:00 - Ringo Sign-Off¹⁶

¹ From 'Good Morning, Good Morning' on "Sgt. Pepper's Lonely Hearts Club Band"

² From BBC Radio's "Where It's At" - May 1967

³ From sfx tape for song Sgt. Pepper's Lonely Hearts Club Band (recorded in Cambridge by George Martin during "Beyond The Fringe" performance)

⁴ Complete with abrupt track stop

⁵ The Beatles first radio interview. Recorded October 27, 1962 in Birkenhead, England by Money Lister for Cheshire hospital radio station.

⁶ First properly recorded version with new drummer Ringo. Recorded September 4, 1962. Not the version used on "Please Please Me," which was recorded with Andy White on drums seven days after this version.

⁷ Read aloud by John on BBC's "Tonight" - June 18, 1965. The LA Times calls it "a biting piece inspired by Harold Wilson's election as prime minister." Later released in print.

<http://articles.latimes.com/2010/oct/08/entertainment/la-et-lennon-20101008>

⁸ Excerpt of press conference from August 24, 1966, recorded at Capitol Records Tower. Dealing with US reaction to Lennon's "more popular than Jesus" remarks, TIME magazine's take-down of pop music, and a comment about mini-skirts. Five days after the conference, The Beatles would perform their last ever full concert at Candlestick Park in San Francisco.

⁹ From BBC Radio's "Where It's At" - May 1967

¹⁰ Recorded November 8, 1965 during recording of "Think For Yourself"

¹¹ Recorded June 25, 1967 as part of the "Our World" TV show. Beginning of clip has end to Take 57 as presenter Steve Race introduces the proceedings to television viewers. The backing track rewinds, and George Martin and other Abbey Road personnel can be heard in the background. Then, the live one. Take 58. Seen by millions around the world.

¹² Ending of Take 58 and studio ambiance afterwards.

¹³ Random studio jabber during recording session for Sgt. Pepper, April 21, 1967

¹⁴ As heard after the fade-out for "A Day In The Life"

¹⁵ Tape loops for "Tomorrow Never Knows" played at normal speed in both directions.

¹⁶ From Anthology interview