

The Blackmail Diet By John Bear

By John Bear

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John Bear's book, "The Blackmail Diet," tells the story of his unusual approach to making himself lose weight. According to his autobiographical account,

StickK To Your Commitments The Blackmail Diet by John Bear (1984, Ten Speed Press) brought up this idea as a way to blackmail yourself to loose weight.

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Have Yourself Committed. In 1984 a book called The Blackmail Diet appeared. Its author, John Bear, Bear himself slimmed down by pledging to donate \$5,000 to

New never opened or used in original packaging. Like New packaging may have been opened. A "Like New" item is suitable to give as a gift.

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John Bjorn Bear (born John Klempner in 1938 is an American businessman in the distance education industry. He is also a writer of creative reference works.

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The blackmail diet by John Bear, 1984, Ten Speed Press edition, in English

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Stop Press: design flaw in brain prevents achievement of goals. let me tell you about the Blackmail Diet. A guy called John Bear realised that,

Jul 06, 2015 The blackmail diet has 0 ratings and 0 reviews: Published February 1st 1984 by Ten Speed Press, 137 pages, Unknown Binding

Dec 23, 2007 Put Your Money Where Your Mouth Is. author John Bear suggested a similar approach in his book, The Blackmail Diet.)

The Blackmail Diet, by John Bear This is a really hard one to track down, because it s been out of print for so long.

in 1984 in John Bear s The Blackmail Diet where the author describes his own commitment contract to lose 70 pounds in a year or pay \$5k to the American Nazi Party.

Details about The Blackmail Diet by John Bear (1984, Hardcover) : John Bear (1984)

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Submitted by David, Nov 24, 2007 16:22. This idea was written about years ago: "The Blackmail Diet" by John Bear. His idea was to create a binding contract the

On March 1st, 1983, John Bear, author and family man, I read John Bear's book, The Blackmail Diet when it was first published over 25 years ago.

Would The Blackmail Diet Work? Michael Rutherford 0 . What do you do? Well if you are John Bear you write a contract with your lawyer. Mr. Bear,

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