

# The Blackmail Diet By John Bear

**By John Bear**

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StickK To Your Commitments. Not only does the diet pay off in terms of lost weight, but it also keeps you from subsidizing a cause you despise.

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

John Bjorn Bear (born John Klempner in 1938) is an American authority on distance education and a writer of creative reference 1984 - The Blackmail Diet

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

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,

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

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Book summary: This idea was written about years ago: "The Blackmail Diet" by John Bear. His idea was to create a binding contract the fulfillment of which was wholly

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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