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4. 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. I just happened upon it a few years ago in

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John bear: books, and a list of books by author

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

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

Do it!! or else

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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

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

The future of body transformation seminar: part 2

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

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