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In just the past week or so, I've come across two recommendations for the same book that, inopportunately, is out of print: The Blackmail Diet, by John Bear.

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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.

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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 - aei

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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 - wikipedia, the free encyclopedia

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

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

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

The future of body transformation seminar: part 2

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.

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The blackmail diet by john bear reviews,

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

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Highlights from the Perform Better Seminar in Long Beach. Just enlist the help of the American Nazi Party! That's how John Bear, author of the Blackmail Diet,

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The blackmail diet - metabolic precision

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.

It won't work - tribunedigital-mcall

I was totally offended by the article in A.M. Magazine on Sept. 10, about Mr. John Bear, who wrote "The Blackmail Diet." How can you put that on the front page when

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

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Knowing vs. doing—nutritional coaching with

Oct 19, 2011 Dr. John Berardi runs PrecisionNutrition.com, The Blackmail Diet by John Bear Influence: The Psychology of Persuasion by Robert B. Cialdini

The blackmail diet (open library)

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

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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,

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Top 7 books for becoming a better personal trainer

John Berardi recommends seven books that will shape personal trainers understanding of change and how they can help their clients The Blackmail Diet, by John Bear.

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