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This Diary will Change Your Life contains 52 weekly instructions to make the year 2009 more interesting for you than for other, lesser people. Dope your imagination and let

the true you shine forth, blinding everyone in your vicinity.

Book List:

- 1 Make an entirely new “New Year Resolution”
- 2 Open a home restaurant
- 3 Subvert consumer society from within
- 4 Recruit a celebrity to the Benrik cult
- 5 Swearing Week
- 6 Find suspicious activity and report it
- 7 Extreme Valentine Week
- 8 Hand out a calling card to strangers this week
- 9 Mutiny Week:Rise up against your leaders
- 10 Secret Admirer Week
- 11 Protest against everything
- 12 Grant someone three wishes
- 13 Eat wrong
- 14 Spring clean the streets
- 15 Taliban Week:Impose your values on everyone else
- 16 Everything has a price:Find out what it is
- 17 Apply to your secret service
- 18 Follow opposite gender magazines' instructions
- 19 No Small Talk Week
- 20 “Who's Who” Week:Apply for inclusion
- 21 Rat Race Week:Be ultra-competitive
- 22 “Change one life” Week
- 23 Treat people according to how much money they have
- 24 Window Art Week
- 25 Share your every thought with others

- 26 Blackmail someone on the internet
- 27 Epidemic Week: Everyone develop a mystery illness
- 28 Benrik Charter Flight Week: Go on holiday together
- 29 Insider Trading Week
- 30 Ugly Week: Uglify yourself
- 31 Squatting Week
- 32 Embrace marketing
- 33 “Cheers” Week
- 34 “Manana Manana” Week: Slow society down
- 35 Lifelong Education Week
- 36 Hire a prostitute for a non-sexual purpose
- 37 Positive Spamming Week
- 38 Open yourself up to criticism
- 39 Communism Week
- 40 Godfather Week
- 41 Synchronize society's watches
- 42 Live beyond your means
- 43 Foot Fetish Week
- 44 Benrik Babysitting Week: Reprogramme a child
- 45 Make a suggestion to a billionaire
- 46 Dig your own grave
- 47 Non-verbal Communication Week
- 48 Make friends with an insect
- 49 Let Benrik track your location via your mobile phone
- 50 Closure Week
- 51 Save the planet at any cost
- 52 Send anonymous Christmas presents

作者介绍:

Benrik and Ben Carey and Henrik Delehag, authors of This Diary Will Change Your Life and other books in a similar inspirational vein. Their aim is to twist everyday reality into a more pleasing shape than that currently on offer. New readers are invited to follow the Diary's tasks online at www.benrik.co.uk , along with the other devotees.

目录:

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标签

生活

2009

CHANGE

life

成长

diary

要是醒过来发现枕边放着一本，那我就相信这个世界有奇迹！

更好的生活,可是谁能做到.

评论

Whoever bought this book his/her life must be boring...but hell, whose life isn't boring. We all need some spice every week/day.

对我一个中国人很多可行性不高啊。。

创意不错，真照着做，绝对下岗。。

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书评

老实说，我不知道这本书到底。。。有多少觉得特别好。
大家都来点评一下吧，看了后觉得收获如何。

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