

Charles Bronson

Lifer Charlie Bronson's reputation precedes him - 'Britain's most violent prisoner' - or does it? Do we really know the true Charlie, or are our impressions the result of media hype? Well, what is in no doubt is that *Loonyology* is 200% Bronson and will transport the reader on the dizziest no-holds-barred roller-coaster ride of their lives, from suspense and shock to laughter and tears, and from Bronson the 'Solitary King' to Bronson the Philosopher, the Poet, the Artist, the Author, the Joker, the Walking Scar and the Freedom Fighter. Now 55 years old, and having spent most of his last 34 years as a maximum security 'Bronco Zoo' inmate, he's a much wiser man as he looks back on his crazy journey of unpredictable behaviour, his ever-alert mind darting from reminiscences of his teenage years to memories of fellow-cons, the screws, the cranks, letters and news reports, prison life and procedures, and the overall madness ('loonyology') of the legal and penal systems, peppering his stories with diary entries, true gems of information, sound advice and hilarious one-liners. Together with his many supporters and with the aid of a top lawyer, Charlie is campaigning for the parole board to finally allow him his freedom, but begging is not his style: he calls a spade a spade and is determined to win with dignity, fighting with his pen and his brain to achieve

Read Book Charles Bronson

his aim of a life outside 'the cage'. In his words: "I chose to be a villain. I'm not proud of it, nor am I ashamed of it. I have paid my debt to society and it's time to go home."

A collection of poems and illustrations from one of Britain's dangerous category 'A' prisoners, Charles Bronson, formerly Michael Peterson. The poetry indicts the anachronistic penal system for what Bronson says they did to him.

Charles Bronson was an American actor. He was often cast in the role of a police officer, gunfighter, or vigilante in revenge-oriented plot lines. He had long-term collaborations with film directors Michael Winner and J. Lee Thompson, and appeared in fifteen films alongside his second wife, Jill Ireland. Charlie Bronson has spent three decades in solitary confinement, and yet has stayed as fit as a fiddle, gaining several world strength and fitness records in the process. Now, in this no-nonsense guide to getting fit and staying fit, he reveals just how he's done it. Forget fancy gyms, expensive running shoes and designer outfits, what you need are the facts on what really works and the motivation to get on with the job. From his cell at Wakefield Prison, Charlie has compiled this perfect guide to show you the best way to burn those calories, tone your abs and build your stamina giving you the know-how you need to be at the peak of mental and physical form.

This journal is designed for people who love Charles

Read Book Charles Bronson

Bronson and it is also a great gift on any occasion. You can fill the notebook with all of your most precious thoughts, secrets, dreams and future plans. **INSIDE THE BOOK** There are 120 pages with simple and elegant lines where you can write down anything. **BOOK COVER** The premium matte-finish cover is sturdy and durable, so the pages won't fall out after a few months of use. To top it all, we have an array of book cover designs to choose from. Please check out our author page to get inspired by our collection of truly creative book covers. **THANK YOU** Thank you for checking out this book and we hope you find what you are looking for. Honestly, we are just a small business, but we are passionate and committed to publishing the unique, high quality and professional journals, notebooks, sketchbooks, composition books, scorebooks, and planners. This is the **HARDBACK** version. This all-new companion volume to the acclaimed Bronson's *Loose!*: The Making of the 'Death Wish' Films reveals more information on the Death Wish series and also details the complex histories behind eighteen other Charles Bronson movies. Documented herein are fascinating tales behind some of the finest Bronson films of the mid-1970s (including *Hard Times* and *From Noon Till Three*); his big-budget independent epics *Love and Bullets* and *Cabo Blanco*; his lesser-known, underrated dramas *Borderline* and *Act of Vengeance*; his

Read Book Charles Bronson

notorious sleaze/action Cannon Films classics of the 80s (including 10 to Midnight, Murphy's Law and Kinjite: Forbidden Subjects); the numerous unmade projects he was attached to; and his TV movies of the 90s (including The Sea Wolf). Exhaustively researched, the book features over three dozen exclusive, candid interviews including those with directors Frank D. Gilroy and Jerrold Freedman; producers Menahem Golan and Lance Hool; writers David Engelbach, Harold Nebenzal and Andrew J. Fenady; and actors Maggie Blye, Kirk Taylor, Gene Davis, Robert F. Lyons, Kathleen Wilhoite, Angel Tompkins, Catherine Mary Stewart, Robert Joy, and Diane Ladd. Profusely illustrated with rare promotional materials, behind-the-scenes photos, and images from deleted scenes, Bronson's Loose Again!: On the Set with Charles Bronson is loaded with previously untold insight into one of the most elusive and unique icons in cinema history. Paul Talbot is the author of the books Bronson's Loose!: The Making of the 'Death Wish' Films, Mondo Mandingo: The Falconhurst Books and Films, and The Films of the Dionne Quintuplets as well as numerous articles for magazines like Video Watchdog, CinemaRetro, Psychotronic, Films of the Golden Age, Shock Cinema, Screem, and Weng's Chop. He has contributed liner notes, extras, and/or commentary tracks for DVD and Blu-ray releases. Charles Bronson, born Charles Dennis Buchinsky,

Read Book Charles Bronson

November 3rd, 1921, Ehrenfeld, Pennsylvania, U.S., was an actor, who was often cast in the role of a police officer, gunfighter, or vigilante, in revenge-oriented plot lines. Bronson had long-term collaborations with film directors Michael Winner and J. Lee Thompson, having appeared in 15 movies alongside his second wife, Jill Ireland.

Charles Bronson, classified as the most dangerous prisoner in the UK penal system, reveals who's who in this A-Z guide of the underworld and beyond. It contains many characters with unusual names who influenced Bronson's life and leave little to the imagination: The Wizard, Semtex Man and Pie Man. Charles Bronson was an American actor. He was often cast in the role of a police officer, gunfighter, or vigilante in revenge-oriented plot lines, had long-term collaborations with film directors Michael Winner and J. Lee Thompson, and appeared in fifteen films with his second wife Jill Ireland.

This work covers Bronson's entire output in film and on television, and includes many film stills and photographs. Alphabetical entries list film or episode, complete cast and credits, and year of release. Accompanying each entry's plot synopsis and discussion is a survey of the critical responses to the work. The great Charles Laughton once said Bronson "has the strongest face in the business, and he is also one of its best actors." Pretty high praise for an actor who, though loved by fans

Read Book Charles Bronson

worldwide, has been consistently underestimated by critics. Bronson's career has spanned five decades, from such television appearances in *The Fugitive*, *Rawhide*, *Bonanza* and *Have Gun, Will Travel* as well as the telemovie *A Family of Cops* (1995) and its two sequels. He will long be remembered for his role as urban vigilante Paul Kersey in the *Death Wish* films. Bronson is one of the most enigmatic, and also most recognizable, of all film stars.

The first one is the hardest. Then he discovers he likes it. *DEATH WISH*, Starring Charles Bronson, *Architect* is based on the sensationalistic and controversial *Death Wish* movies, in which Charles Bronson portrays an architect who becomes a vigilante-killer. *DEATH WISH* by Rob Kovitz is a kind of enigmatic appropriation allegory, in which Bronson is Everyman, and Architecture is the dream/nightmare that goes to bed with each of us at night. *Treyf 25th Anniversary edition*.

Charlie Bronson has spent 28 of the last 30 years in solitary confinement. He has been locked in dungeons, in iron boxes concreted into the middle of cells and, famously, in a cage. When he is unlocked, up to 12 prison officers - sometimes in riot gear and with dogs - are standing by. Yet this is a man of great warmth and humour who has never killed anyone and has often dealt with his gruelling life with humour - during a siege in 1993 he demanded an inflatable doll and a cup of tea. Now his story is

Read Book Charles Bronson

being turned into a Hollywood film. Now in this amazing new edition of his best selling autobiography, Charlie reveals the truth about his extraordinary life behind bars.

*Includes pictures *Includes the actors' quotes about their lives and careers *Includes a bibliography for further reading In the 1960s and 1970s, no actor personified cool, calm and collected like Steve McQueen, whose suave anti-hero protagonists made men jealous and women swoon. As actor Donald Logue puts it in *The Tao of Steve*, "Steve is the prototypical cool American male. He's the guy on his horse, the guy alone. He has his own code of honor, his own code of ethics, his own rules of living. He never, ever tries to impress the women, but he always gets the girl." And indeed, that was the case not only in movies like *The Thomas Crown Affair*, *Bullitt*, *The Getaway*, and *Papillon*, but also in real life. Actress Ali MacGraw, who later became one of his wives, described his effect on women: "I remember seeing him across the swimming pool and my knees were knocking. He radiated such macho energy. Men wanted to be like him. Uptight society ladies and biker molls wanted to be with him." Unlike many actors who become this type of heartthrob, McQueen seemed to have the bona fides. Growing up rough and tough in the Midwest, McQueen was sent to a juvenile facility California because he didn't get along with his stepfather, and after that there he

Read Book Charles Bronson

became a Marine. Like Jim Dean before him, McQueen also loved to race, and before he became an actor, he was actually making a living winning races in New York. As he once put it, "Racing is life. Anything before or after is just waiting." However, McQueen was destined to become "The King of Cool" on screen, and after a few quick stints in acting jobs in the early 1950s, he began to look at it as an actual occupation. He once noted, "I really don't like to act. At the beginning, back in '51, I had to force myself to stick with it. I was real uncomfortable, real uncomfortable." Eventually, McQueen was comfortable enough to simply act natural and thus exude the tough confidence that made him an idol. That kind of performance translated well on the old TV Westerns, and a few of those, *Tales of Wells Fargo* and *Trackdown*, catapulted McQueen to the conscience of Hollywood. From there, it would only take a few years and a few movie appearances for McQueen to become a huge box office draw. By the time Charles Bronson emerged from a series of miniscule, uncredited roles in the mid-1950s, the singing cowboy was two generations gone, save vestiges in television serials, such as *Roy Rogers* and *Dale Evans*. The dancing romantic lead of the *Gene Kelly* and *Fred Astaire* variety would soon exhaust itself as a genre in an age increasingly bent on realism and a more severe form of escape. Bronson possessed none of the gifts common to the

Read Book Charles Bronson

heroes of the previous era. Light-heartedness did not become him, and by all accounts, he was neither a singer nor dancer. He could not offer the heft of Gary Cooper or John Wayne, although he shared a reserved quality with the former. He did not possess the pristine good looks of Gregory Peck. In fact, one good-natured description making the rounds in Bronson's heyday likened him to "A Clark Gable who has been left out in the sun too long." To accompany the rough-hewn appearance of Bronson's new class of hero, the typical script gave his remarkably enduring persona, little to say in terms of dialogue that would reveal his inner thoughts. With minimal text, even those he attempts to help are unsure of his intentions, and few clues are offered by which the viewer can come to know his mind. As the grotesqueness of his characters' violent acts increased, so did the heinous deeds of the criminals he fought, upping the ante to an eager public in search of a simple cure for its social ills. In a career of almost eighty films and a total body of work totaling 160 appearances including television, Bronson pushed the envelope of what graphic action the studios were willing to offer, and what the censors would accept.

Hollywood memoir by the first wife of actor Charles Bronson which details their high profile marriage and divorce, and her life as the "ex" Mrs. Famous who reinvents herself as a talk radio host. Many never-

before-seen family photos.

This all-new companion volume to the acclaimed Bronson's Loose : The Making of the 'Death Wish' Films reveals more information on the Death Wish series and also details the complex histories behind eighteen other Charles Bronson movies. Documented herein are fascinating tales behind some of the finest Bronson films of the mid-1970s (including Hard Times and From Noon Till Three); his big-budget independent epics Love and Bullets and Cabo Blanco; his lesser-known, underrated dramas Borderline and Act of Vengeance; his notorious sleaze/action Cannon Films classics of the 80s (including 10 to Midnight, Murphy's Law and Kinjite: Forbidden Subjects); the numerous unmade projects he was attached to; and his TV movies of the 90s (including The Sea Wolf). Exhaustively researched, the book features over three dozen exclusive, candid interviews including those with directors Frank D. Gilroy and Jerrold Freedman; producers Menahem Golan and Lance Hool; writers David Engelbach, Harold Nebenzal and Andrew J. Fenady; and actors Maggie Blye, Kirk Taylor, Gene Davis, Robert F. Lyons, Kathleen Wilhoite, Angel Tompkins, Catherine Mary Stewart, Robert Joy, and Diane Ladd. Profusely illustrated with rare promotional materials, behind-the-scenes photos, and images from deleted scenes, Bronson's Loose Again : On the Set with Charles Bronson is loaded with previously untold insight into one of the most elusive and unique icons in cinema history. Paul Talbot is the author of the books Bronson's Loose : The Making of the 'Death Wish' Films, Mondo Mandingo: The Falconhurst Books and Films, and The

Read Book Charles Bronson

Films of the Dionne Quintuplets as well as numerous articles for magazines like Video Watchdog, CinemaRetro, Psychotronic, Films of the Golden Age, Shock Cinema, Scream, and Weng's Chop. He has contributed liner notes, extras, and/or commentary tracks for DVD and Blu-ray releases.

In the wake of a chilling attack, an ordinary man decides to take revenge. When his wife and daughter are attacked in their home, Paul Benjamin is enjoying a three-martini lunch. A professional man, soft around the middle, Paul lives happily isolated from the rougher side of New York City. As he nurses his gin headache, a call comes from his son-in-law asking him to come to the hospital. In a few hours, his world will collapse around him. As Paul slurped down his lunchtime gin, drug addicts broke into his cozy Upper West Side apartment. For a handful of money, they savagely beat Paul's wife and daughter, leaving his wife dead and his daughter comatose. After his shock wears off, and Paul realizes the police department is helpless, his thoughts turn to revenge - not just for him, but for every decent family broken by the dark forces of society.

*Includes pictures *Includes Bronson's own quotes about his life and career *Includes footnotes, online resources and a bibliography for further reading *Includes a table of contents "Maybe I'm too masculine. Casting directors cast in their own, or an idealized image. Maybe I don't look like anybody's ideal." - Charles Bronson "I look like the kind of guy who has a bottle of beer in my hand." - Charles Bronson The leading men of the 1940s and '50s ably represented the visual and cultural expectations of

Read Book Charles Bronson

those decades in their iconic films. Some were handsome and glib with quasi-classical dialogue, some could sing, and a few could dance, while others brought an imposing athletic presence to thrillers, westerns, and urban crime dramas. However, with the advent of the early 1960s, popular culture entered a heightened age of verismo, a more frank and severe view of societal reality. Motion picture studios on both sides of the Atlantic, aware of the changing times, were quick to reflect it. The harsher light of violent new genres required a different sort of male protagonist, a character type who could put his humanity and uncertainty aside to act as a more ruthless hero than his predecessors. Paralleling real concerns over crime and an increasing disrespect for life and property, the public fell in love with the new "avenging angel" image, and with Charles Bronson, the actor born at the perfect time in which to symbolize it in the grittier new films. By the time Bronson emerged from a series of miniscule, uncredited roles in the mid-1950s, the singing cowboy was two generations gone, save vestiges in television serials, such as Roy Rogers and Dale Evans. The dancing romantic lead of the Gene Kelly and Fred Astaire variety would soon exhaust itself as a genre in an age increasingly bent on realism and a more severe form of escape. Bronson possessed none of the gifts common to the heroes of the previous era. Light-heartedness did not become him, and by all accounts, he was neither a singer nor dancer. He could not offer the heft of Gary Cooper or John Wayne, although he shared a reserved quality with the former. He did not possess the pristine good looks of Gregory

Read Book Charles Bronson

Peck. In fact, one good-natured description making the rounds in Bronson's heyday likened him to "A Clark Gable who has been left out in the sun too long." To accompany the rough-hewn appearance of Bronson's new class of hero, the typical script gave his remarkably enduring persona, little to say in terms of dialogue that would reveal his inner thoughts. With minimal text, even those he attempts to help are unsure of his intentions, and few clues are offered by which the viewer can come to know his mind. As the grotesqueness of his characters' violent acts increased, so did the heinous deeds of the criminals he fought, upping the ante to an eager public in search of a simple cure for its social ills. In a career of almost eighty films and a total body of work totaling 160 appearances including television, Bronson pushed the envelope of what graphic action the studios were willing to offer, what the censors would accept, and what the sensibilities of movie-goers were able to endure more than anyone in his era. Critics almost uniformly eviscerated most of these films as dramatic eyesores, and invariably equated Bronson's level of talent to their distasteful contents and ill fortunes at the box office. Only in recent years, as the genre has grown even more extreme, has Bronson's work been reviewed in a more kindly light. Critics aside, however, once established in the U.S. after a series of triumphs in Europe, Bronson never lost the adoration of either the international or domestic movie-going public who, he noted, are the ones buying the tickets, and are therefore the only people of importance. American Legends: The Life of Charles Bronson examines the life and career of the iconic actor.

Read Book Charles Bronson

Charles Bronson is Britain's most notorious prisoner, a 'Category A' inmate who has spent over 30 years inside as a result of his violent and unpredictable behaviour. No one knows the system better than Charlie. Now, for the very first time, you can find out what it is really like inside a maximum security institution as Charlie blows the lid on his life in HM Wakefield. Written in diary form by Charlie himself from behind locked doors, this unique book uncovers the real Charlie; his thoughts, frustrations and true feelings about the people who inhabit 'the concrete coffin' with him. This raw, unedited text, in his own hand, comes straight from the heart and also reveals another side to the man who has spent much of his time in solitary confinement in inhuman conditions. From writing poetry and creating works of art, to keeping fit and his secret passion for the X Factor and Coronation Street, there is much more to the man dubbed 'Britain's most violent prisoner' than his reputation suggests. Charlie says that he never plans his actions and only reacts violently when provoked and he has received more than his fair share of provocation over the years. This hard hitting book tells you how it is by the man who knows. Following on from his earlier works *Loonyology* and *Respect and Reputation*, and *Bronson* the film about his life, *Prison Diaries* continues the unbelievable Charles Bronson story. As Charlie says, 'After reading this book you will know what its like to be me'.
An Adult Coloring Book Based on The Life of Charles Bronson.

He's taken more hostages inside of prison than any UK prisoner. He holds awards for his art and writing. He's

Read Book Charles Bronson

had more prison rooftop protests than anyone alive or dead. He's the UK's most feared yet most misunderstood prisoner. In Bronson's own words, find out what makes him tick and explode.

Charles Bronson, born Charles Dennis Buchinsky, November 3rd, 1921, Ehrenfeld, Pennsylvania, U.S, was an actor, who was often cast in the role of a police officer, gunfighter, or vigilante, in revenge-oriented plot lines. Bronson had long-term collaborations with film directors Michael Winner and J. Lee Thompson, having appeared in 15 movies alongside his second wife, Jill Ireland.

Charles Bronson
The 95 Films and the 156
Television Appearances
McFarland

Charles Bronson is undoubtedly the most notorious prisoner in Britain and is not only a household name but also as much of an institution as the multitude of Her Majesty's establishments whose doors he has graced over the last 37 years, most of that time spent in solitary confinement. A film about Charlie's life and several no-holds-barred autobiographies have allowed us many interesting insights into the real man behind the myths – the fitness fanatic, the poet, the artist, the philosopher and the comic, to name but a few of his myriad faces. So these 100 quiz questions should be more of short brain stretch than a life sentence. Charlie remains in solitary in Wakefield Prison, having had parole refused time and time again. He still dreams of that day of freedom and, together with his friends and well-

Read Book Charles Bronson

wishers, will keep fighting for life outside 'the cage'. These quiz questions, however testing, will ensure that Charlie secures a place at the forefront of our minds and is never forgotten. Special Note: All of the author's royalties will be donated to Zoë's Place Baby Hospice (50%) and The Charles Bronson Appeal Fund (50%).

The best Charles Bronson Biography you will ever read. 'Charles Bronson' (born 'Charles Dennis Buchinsky'; November 3, 1921 - August 30, 2003) was an American feature and TV performer. This book is your ultimate resource for Charles Bronson. Here you will find the most up-to-date 175 Success Facts, Information, and much more. In easy to read chapters, with extensive references and links to get you to know all there is to know about Charles Bronson's Early life, Career and Personal life right away. A quick look inside: Richard Donner - Films, Death Wish 3 - Release and response, Bronson (film) - Production, HM Prison Wandsworth - Notable inmates, Sergeants 3 - Rat Pack, Chino (film), 10th Screen Actors Guild Awards - In Memoriam, James Coburn - Stardom, Blow Out - Production, The Valachi Papers - Cast, La Bataille de San Sebastian - Differences between the novel and the film, The Virginian (TV series) - Guest Stars, Charles Bronson (prisoner), The Virginian (TV series) - Season 6, You Can't Win 'Em All, Citta violenta, Rider on the Rain - Cast, Jill Ireland, 1962 in film - Notable films

Read Book Charles Bronson

released in 1962, Mr. Majestyk - Plot, Bronson (film) - Plot, The Wild Bunch - Casting, Django Unchained - Costume design, The Great Escape (film) - Cast, Kinjite: Forbidden Subjects, A Thunder of Drums - Notable cast members, 1984 in film - Notable films released in 1984, Vera Cruz (film), Cape Fear (1962 film) - Casting, Death Wish (film) - Cast, Sergio Leone - 1960s, Taken 2 - Reception, House of Wax (1953 film) - Cast, Cedars-Sinai Medical Center - Notable deaths, The Magnificent Seven, Have Gun, Will Travel - Guest stars, Battle of the Bulge (film) - Plot, John F. Kennedy assassination - Recordings of the assassination, Riverboat (TV series) - Male, Frankie Miller - Film music and acting, Guns of Diablo - Cast, Death Wish 3 - Production, and much more...

Charlie has taken his 30 years of prison dwelling and condensed it into one handy and comprehensive volume. Moved around the prisons of the British Isles regularly, he has sampled all that prison life has to offer, taking in both the historic and the pre-historic buildings that comprise Britain's prison system. It's all in here - from the correct way to brew vintage prison 'hooch' and how to keep the screws from finding it; to prison food and its many alternative uses. Read about Charlie's special taming techniques for prison wildlife such as spiders, rats and cockroaches; creatures that may be your only friends on long stretches in solitary. With over 70,000

Read Book Charles Bronson

people (and rising) currently residing at her Majesty's Pleasure, Charlie Bronson's Good Prison Guide is essential for young offenders and old lags alike.

Don't go away without it!

Regarded as the UK's most violent prisoner, Charles Bronson has served 34 years in UK prisons, 31 of which have been in solitary confinement. Over the last decade, Charles has successfully turned his life around, and this book celebrates those ten years of his life, not just as a prisoner, but as an artist, a poet and an acclaimed author.

Second book of memoirs from long-term prisoner, Charles Bronson. By turns hilarious and tragic, this is a fascinating trip inside the mind of the man dubbed 'Britain's most violent prisoner'.

A profile of the rugged, taciturn actor follows his struggle to raise himself from the abject poverty of his childhood, his long career in minor roles, and his final breakthrough to stardom

Charles Bronson is the most feared and the most notorious convict in the prison system. Renowned for serial hostage taking and his rooftop sieges, he is a legend in his own lifetime. Yet behind the crime and the craziness, there is a great deal more to Charlie. He is a man of great warmth and humour; a man of great artistic talent who exhibits his drawings around the country; and a man with an overpowering urge not to let the system get him down. "Insanity" is a look into the mind of a true individual - a wild,

Read Book Charles Bronson

inspired, single-minded, fascinating man, oppressed not only by the workings of his singular mind, but also by the system that confines him.

In the summer of 1974 the movie *Death Wish* stunned audiences with its powerful story of an enraged businessman who hits the streets with a handgun to avenge the brutal violation of his wife and daughter. The film packed theaters with cheering moviegoers, became one of the highest-grossing and most controversial movies of the year, and turned star Charles Bronson into the hottest screen icon in the world. Over the next twenty years, four increasingly-violent sequels delivered thrills to a growing legion of fans and solidified the legend of Charles Bronson. Now, for the first time, *Death Wish* fanatics, Bronson cultists, and action movie lovers will discover fascinating information about the series. In exclusive comments, director Michael Winner, actor Kevyn Major Howard, novelist Brian Garfield, and many others reveal what it was like to work on the *Death Wish* movies with one of the most charismatic and elusive stars of all time. Covering every aspect of all five movies (including unused casting suggestions, deleted scenes and alternate cuts) and loaded with rare advertising artwork, *Bronson's Loose!: The Making of the "Death Wish" Films* tells the compelling, untold story behind the most explosive action series in film history.

Charlie Bronson has spent three decades in solitary

Read Book Charles Bronson

confinement, and yet has stayed as fit as a fiddle, gaining several world strength and fitness records in the process. Now, in this no-nonsense guide to getting fit and staying fit, he reveals just how he's done it.

A unique, fashionable, lined notebook with modern and amazing Charles Bronson cover. It's your notebook and you can write here your goals, tasks and big ideas. On the first white page is information - This notebook belongs to: (and a little motivation about you! :)). This great quality product makes an amazing gift perfect for any special occasion or for a bit of luxury for everyday use. Blank Notebooks Are Perfect for every occasion: Stocking Stuffers & Gift Baskets Graduation & End of School Year Gifts Teacher Gifts Art Classes School Projects Diaries Gifts For Writers Summer Travel & much much more... (proud, focus, fun, achievement, trust, pleasure, investments, profit, money) Charles Bronson (November 3, 1921 - August 30, 2003) was a Lithuanian-American actor. He was often cast in the role of a police officer, gunfighter, or vigilante in revenge-oriented plot lines, had long-term collaborations with film directors Michael Winner and J. Lee Thompson, and appeared in fifteen films with his second wife Jill Ireland. See the other products in this exciting series and discover hidden talents within yourself now!

Charles Bronson has served 28 years behind bars,

Read Book Charles Bronson

24 of those years have been in solitary confinement, yet in spite of this he remains fit and strong. What are the secrets to his phenomenal strength and fitness? How can Bronson punch a hole with his bare fist through bullet-proof glass, bend solid steel doors by kicking at them, do press-ups with two men on his back - and all on a prison diet? Without the use of fancy gym equipment, steroids, steaks, supplements or pills you can pack on pounds of muscle, lose weight fast and gain superhuman strength.

Charlie has taken his 24 years of experience of prison dwelling and condensed it into one handy and comprehensive volume. Moved regularly around the prisons of the British Isles he has sampled all that prison life has to offer, taking in both the historic and pre-historic buildings that comprise Britain's infamous prison system. It's all in here from the correct way to brew vintage prison 'hooch' and how to keep the screws from finding it, to the indispensable culinary methods required to make prison food edible. Read about Charlie's special taming techniques for prison wildlife such as spiders, rats and cockroaches, creatures that may be your only friends on long stretches in solitary. Also Charlie shows how to plan and prepare for marriage inside what can be seen as a less than romantic setting. With over 70,000 people (and rising) currently residing at Her Majesty's pleasure, Charlie Bronson's

Read Book Charles Bronson

"Good Prison Guide" is essential for young offenders and 'old lags' alike. Make sure you don't get nicked without it.

[Copyright: 85feaa703d917cb8be46c058d498c090](#)