

Beyond The Twelve-Ounce Curl: The Beer Lover's Guide To Having Your Brew And Being Fit, Too!, Or How To Eat Healthy, Lose Weight, Build Fitness And Strength While Still Enjoying Good Beer And Food.

[K By Mark Sinderson

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Beer mail from videobeerreview mark - youtube

Jan 30, 2011 Mark Sinderson from Youtube channel, VideoBeerReviews sent me a box of beers from the South. I cannot wait to try them. I also talk a little about his book

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Because of Mark's healthy lifestyle, including biking thousands of miles per year, he was able to strike a balance with his love of beer (and BBQ!) without it

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Image: beyond the twelve-ounce curl: the beer

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Mark Sinderson is the author of Beyond the Twelve-Ounce Curl (4.67 avg rating, 3 ratings, 0 reviews, published 2010) and Beyond The Twelve-Ounce Curl (0.

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