

# **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**

**By Mark Sinderson**

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Mark Sinderson - Husband, Photographer, Fitness Enthusiast, Beyond The Twelve-Ounce Curl: The Beer Lover's Guide to Having Your Brew and Being Fit, Too!

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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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### **Mark Sinderson (Author of Beyond the Twelve-Ounce -**

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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