

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 (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.

Beyond the Twelve-Ounce Curl: The Beer-Lover's -

Beyond The Twelve Ounce Curl was written specifically to help beer and food lovers get fit and lose weight without giving up good beer or food!

Beyond the Twelve-Ounce Curl Book Review - John -

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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