

**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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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!

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