

**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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Image: beyond the twelve-ounce curl: the beer

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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!

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hair gels (111) products; curl enhancers (75) products; anti-frizz treatments (73) products; hair mousses (58) products; hair pomades (39) products; 12 oz: 5 stars

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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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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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