

**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.  
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### **Mark sinderson - google+**

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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### **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!

### **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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Sandra Bridger may also appear as Sandy Bridger and Cassandra Bridger Beyond The Twelve-Ounce Curl: The Beer Love by Mark Sinderson. Exercise Yourself Thin

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

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