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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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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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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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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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What's a good alcoholic beverage that tastes good?

Feb 15, 2011 What's a good alcoholic beverage that tastes good? Try out a IPA and stay away from liquor. Also check out the book beyond the twelve ounce curl,