

PRESS RELEASE

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1st Books Announces New Low Carb Diet Book To Include Regular Brewed Beer

'The Drink Beer, Get Thin Diet,' Just in Time For New Year's Resolutions

CHICAGO, IL - Dec. 1, 2003 /Send2Press Newswire/ -- 1st Books announces The Drink Beer, Get Thin Diet: A Low Carbohydrate Approach by Bob Skilnik (ISBN: 1410733858). This guide to low carbohydrate living is unique in its observance of a weight reduction program that includes the moderate consumption of both light and regular brewed beers. The book features more than 350 beers and their carbohydrate counts from over 50 worldwide breweries, making this book a sound guide for both social drinkers and bar regulars to refer to when indecision hits in the liquor aisle.

"Until this book, beer drinkers watching their carb intake were limited to light beers," says author and beer expert Bob Skilnik. "After all, nutritional information is only provided on light beers, mandated as such by the Bureau of Alcohol, Tobacco and Firearms. My extensive research in writing The Drink Beer, Get Thin Diet, however, proves that beer drinkers following a low carbohydrate regime can enjoy virtually all beers, from standard American pilsners to imports and even richer microbrewed beers."

More information about The Drink Beer, Get Thin Diet: A Low Carbohydrate Approach can be found at 1st Books ([www.1stbooks.com](http://www.1stbooks.com)). The book can be ordered toll free from the publisher (\$10.50) at 1-800-839-8640 or on Amazon.com, or local bookstores (\$12.50).

#### ABOUT THE AUTHOR

A freelance writer from the Chicago area, Skilnik has written for the Chicago Tribune, Collector Magazine, the American Breweriana Association's Journal and the National Association of Breweriana Advertising's Breweriana Collector. He is a certified brewer and an expert in beer, brewing history and breweriana collectibles. He is also a featured columnist in The Tap, a newspaper of Chicago bar and saloon culture. The Drink Beer, Get Thin Diet: A Low Carbohydrate Approach ([www.drinkbeergetthindiet.com](http://www.drinkbeergetthindiet.com)) is his third book.

#### ABOUT 1STBOOKS

1stBooks was founded in 1997 and has helped more than 13,000 people worldwide realize their dreams of becoming published authors. Visit <http://www.1stBooks.com> for more information.

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