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**BEER TRAVELER TELLS OF TAP-INSPIRED ADVENTURES IN NEW BOOK**  
***Teachings From The Tap: Life Lessons From Our Year in Beer* Now Available**

**Carmel Valley, CA** - Five hundred pints of beer, ninety breweries, seven countries, and four of the world's best beer festivals add up to one amazing year. Merideth Canham-Nelson shares her witty, introspective and engaging account of her beer adventures in a new book, *Teachings From The Tap: Life Lessons From Our Year in Beer*. It is the first beer travel book authored by a female.

After nearly 20 years of visiting breweries as a hobby, Merideth Canham-Nelson and her husband Chris embarked on their most ambitious adventure yet: a year-long journey discovering the world through beer culture. Aiming to fulfill their fantasy of becoming professional beer travelers, the couple spent a year visiting a major beer event or destination each month. According to Canham-Nelson, it was a year full of surprises. "The year started out as a lofty escapade, but it turned into much more than that," she admits.

Narrated in the first person, *Teachings from the Tap: Life Lessons From Our Year in Beer* is a detailed account with one-of-a-kind stories that cover the range of emotions created by interesting encounters and new experiences. Canham-Nelson hopes the book will appeal to beer enthusiasts and hobby travelers alike. "It's about readers experiencing the excitement and adventure of beer travel," she says. "I want this book to inspire people to discover their own adventures."

Merideth Canham-Nelson is one of the most experienced female beer travelers in the world, having visited over 700 breweries in the United States, Canada, Western Europe, and Australia. The beer exploits of Merideth and her husband are chronicled through travelogues and videos on the website *thebeergeek.com*, which boasts both a national and international following. *Teachings from the Tap* is available on *beertrekkerpress.com*.

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To learn more about beer travel or scheduling an interview with Merideth Canham-Nelson, please call Chris Nelson at (831) 659-4973 or e-mail Chris at [chris@thebeergeek.com](mailto:chris@thebeergeek.com).