



# Diary of a Part-Time Monk

*J. Wilson*

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## **Diary of a Part-Time Monk** J. Wilson

Working to nourish their bodies through lengthy Lenten fasts, the monks of Neudeck ob der Au outside of Munich are credited with developing the rich-and-malty doppelbock style of beer. Packed with carbohydrates, calories and vitamins, this unfiltered “liquid bread” is said to have sustained the monks from Ash Wednesday to Easter, and more than 300 years later, the monastic history and quality of this beer style is well-known throughout the world. Writer and semi-professional beer drinker J. Wilson embarked on a 46-day beer-and-water fast to test the legend of doppelbock’s origins, church connections, and nutritional value, as well as his own will power — and live to tell the tale.

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