



Curbing It

Jeff Garlin

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Now in paperback from comedian and actor Jeff Garlin—who plays Larry David’s cheerful manager on HBO’s *Curb Your Enthusiasm*—a year-long chronicle of his journey to reduce both his physical and carbon footprint in this laugh-out-loud self-experimental memoir.

Jeff Garlin has dedicated the filming of an entire season of *Curb Your Enthusiasm* to completely making over his lifestyle in two major ways—by losing weight and going green. Larry David’s rooting for him. Jerry Seinfeld’s plotting against him. And his wife is just plain annoyed by everything.

The hardest part of the endeavor is overcoming his food addiction—especially when craft service has a constant buffet of everything delicious you could imagine. In addition to cutting calories, Jeff accidentally falls into a love affair with pilates, sweats with Richard Simmons, and twice visits the Pritikin Longevity Center, which he says is “rehab for people who eat too much pizza.” As far as going green, Jeff has always been a big recycler, but he has a lot to learn. For example, actor Ed Begley Jr. is the guy to call if you want to reduce your environmental impact. Jeff does, and it changes everything.

Hysterical, entertaining, and eye-opening, *Curbing It* is a comedic memoir that’s not to be missed.

Previously published as *My Footprint* with bonus material added in this edition.

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Debbie Jones:

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Sandra Kelley:

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Carrie Francis:

Spent a free the perfect time to be fun activity to do! A lot of people spent their down time with their family, or all their friends. Usually they undertaking activity like watching television, gonna beach, or picnic in the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the book untitled Curbing It can be good book to read. May be it can be best activity to you.

Paul England:

As a pupil exactly feel bored to reading. If their teacher inquired them to go to the library as well as to make summary for some book, they are complained. Just very little students that has reading's heart and soul or real their leisure activity. They just do what the instructor want, like asked to go to the library. They go to there but nothing reading seriously. Any students feel that studying is not important, boring along with can't see colorful pictures on there. Yeah, it is to be complicated. Book is very important to suit your needs. As we know that on this age, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this Curbing It can make you truly feel more interested to read.

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